

Graybeards Family Run

Friday Evening, July 28th, 2023

All proceeds to *Graybeards, Ltd.*, a community based non-profit charitable organization providing services and support to the Rockaway Community and beyond.

6:30 P.M.	Kids' Run	2 blocks-Age 7 and Under 3 blocks-Ages 8-10
6:45 P.M.	Special Olympians Run	
7:00 P.M.	1 Mile	Open to all ages
7:15 P.M.	5 Kilometer	Open to all ages-Walkers begin at 7:00
Entry Fees:	before July 23rd	\$ 20. children under 12 \$10
	after July 23rd	\$ 25. children under 12 \$15

Mail to: **Graybeards Family Run, 129-04 Newport Avenue, Belle Harbor, NY 11694**
Make checks payable to **Graybeards, Ltd.**

In-person registration & pickup of numbers and shirts at **St. Francis de Sales:**
Saturday July 22nd 10:00 A.M.-12:00 P.M. Sunday July 23rd 10:00 A.M.-1:00 P.M. Thursday July 27th 6:00 P.M. - 8:00 P.M.

Day of Race Registration at **St. Francis de Sales, 215 Beach 129 St. 4:00 - 6:00 P.M.**

Awards: Kids' Run- Ribbons to all Participants
1 Mile- Top 5 Overall Male and Female
5K- 1st Place overall and 1st, 2nd, and 3rd in these categories:
Male & Female- 12 and under, 13-15, 16-20, 21-29, 30-39
40-49, 50-59, 60-69, 70 and over

Refreshments, Awards, Raffles, and Entertainment at St. Francis following the race

Adult Tee	S M L XL XXL	Youth Tee	S M L
Last Name	First Name		
Age on 7/28/23	D.O.B.	Sex	Phone #
Email address			

I know that this activity is potentially hazardous. I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other people, effects of the weather (including heat & humidity), traffic and conditions of the course, and state of my own health. All such risks being known and appreciated by me, and having read this waiver, and knowing these facts, and in consideration of your acceptance of my application, I for myself and anyone entitled to act in my behalf, do waive and release all race sponsors, all race officials, employees, and representatives of the City of New York, St. Francis de Sales, Graybeards, Ltd., from all claims or liabilities of any kind arising from my participation in this event, even if that liability may arise out of negligence or carelessness by those named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature of Participant, Parent, or Guardian _____ Date _____