



Run for Idlewild Park Wetlands



5 K Run and 2.5 K Family Walk

(3.1 m Run/1.5mile Walk)

Saturday, May 20, 2006 / 9:30 am --Rain or Shine

Assemble at Idlewild Park Field of Dreams (Cricket Field),
148th Avenue between Springfield Lane and 223rd Street
Springfield Gardens, New York 11413

Benefiting Idlewild Park Forever Wild Conservation Projects
And the establishment of the
Idlewild Park Saltwater Marsh Environmental Center

Course: The race will start at Springfield Lane and 149th Avenue, move through Idlewild, the local streets of Brookville, Springfield Gardens south of South Conduit and Springfield Park, and end at 223rd Street and 149th Avenue, in front of the Field of Dreams.

Registration: 5K Run: \$12 (by May 15); Race Day: \$18 - At Cricket Field from 7:30am to 8:30 am

Register Early! T-Shirts limited to 250 runners.

2.5K Walk: \$10 Preregistration; \$12 race day.

Prizes --For 5K Run): Top Male and Female overall finishers

Medals--Top 3 finishers by age groups

Age Groups: Male and Female 14 years & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and up

Additional raffle prizes: Random drawings after the race (all registered runners and walkers eligible).

For more information, call the Wetlands Run Hotline (718) 527-3678, (212) 735-3401 or email eqa@att.net

Run For Idlewild Park Wetlands Registration Form

5K Run entry fee is \$12 if received by May 15. (\$18 on race day) 2.5K Walk entry fee is \$10 (\$12 on day of race.)

Make checks payable to: *EQA 5K Run for the Wetlands Fund.*

Mail signed entry form and check to:

Run for Wetlands, Eastern Queens Alliance, P.O. Box 300818, Jamaica New York 11430

Please Print Clearly!

Check One: 5K Run _____ 2K Walk _____

Name _____ Age on Day of Race _____ Gender M F

Address _____ Telephone _____

City/State _____ Zip Code _____

T-Shirt Size: Sm _____ Med _____ Lg _____ XL _____ XXL _____

Waiver: I know that running a race such as this is a potentially hazardous activity and I assume all risks associated with such an event. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of the race officials relative to my ability to compete safely in this event. I assume all risks associated with running this event, including, but not limited to: falls, contact with other participants and non-participants, effects of weather including high heat and/or humidity; traffic, the conditions of the road, all such risks being known and appreciated by me and voluntarily undertaken. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the organizers, sponsors and successors of this event from all claims or liabilities of any kind arising out of my participation in this event, even though liability may arise out of negligence or carelessness on the part of the person named in the 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 _____ Date _____

N. B: If under 18 years old, Parent or Guardian must sign