



BEIT HALOCHEM USA  
FRIENDS OF ISRAEL DISABLED VETERANS

# 5 TOWNS 5K RUN/WALK



## North Woodmere Park, NY - Sunday May 21st, 2023

### Kids FunRun 9:30 am - Race Begins 10:00 am

Proceeds to benefit Friends of Israel Disabled Veterans - Beit Halochem Centers in Israel

#### Registration 5K Race

Fee .....\$36

#### Registration Kids Fun Run (12 and Under)

Fee .....\$10

#### Check-In and Day of Race Registration

8:00 am - 9:30 am

T-shirts to all Pre-Registered Participants

Day of race while supplies last

#### Course

Flat and fast in the park and local streets.

#### 5K Awards

First Overall Male and Female

Prizes to top three finishers in each category.

**Categories:** Male and Female:

19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 and over. Fun Run Awards to all Fun Run Participants.

Help us by registering online at

**5towns5k.org**

A virtual option is available for you to do from anywhere and still receive a t-shirt. See the registration page online for the

**Virtual 5towns5k**

For Race information email

**5towns5k@optonline.net**

or visit **www.5towns5k.org**

To learn more about Friends of Israel Disabled Veterans and Beit Halochem go to **www.fidv.org**

#### Directions:

North Woodmere Park is located on the corner of Branch Blvd and Hungry Harbor Road.

**From Van Wyck Expressway** south to Exit 1 Nassau Expressway (878), continue to end of expressway where it becomes Rockaway Blvd. Continue 3 miles on Rockaway Blvd to Peninsula Blvd. Turn left and proceed to 5th traffic light, Branch Blvd. Park is at the end of Branch Blvd.

**From Southern State Parkway** to exit 13 south, Central Ave which becomes Mill Road. 3 1/2 miles to Peninsula Blvd. Turn right. 1 1/2 miles to Branch Blvd, turn right. Park is at the end of Branch Blvd.

#### Registration Form

#### FIDV - 5 Towns 5K Run/Walk May 21, 2023

Make checks payable to: FIDV 5K Run - Mail to: 5 Towns 5K Run, 727 Hungry Harbor Road, North Woodmere, NY 11581

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ M \_\_\_ F \_\_\_ Age on May 21, 2023 \_\_\_ Date of Birth \_\_\_ / \_\_\_ / \_\_\_

In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, do hereby for myself, and for my heirs, executors, administrators and assigns, hereby waive, release, and hold harmless FRIEND OF ISRAEL DISABLED VETERANS, NASSAU COUNTY, THE TOWN OF HEMPSTEAD, USATF, and all race SPONSORS, and their representatives, agents, employees, successors, and assigns, from any and all liabilities, claims, demands, and causes of action of any kind, whether or not arising in whole or in part out of the fault or any negligence of any of the above mentioned organizations or individuals. I attest and I verify that I am physically fit and have sufficiently trained for the completion of this event, and that my condition has been verified by a licensed medical doctor. If signed by a parent, the parent agrees to waive, release, and hold the above organizations and individuals harmless of and from any claims and rights which otherwise might have been asserted on behalf of the entrant. Further, I hereby grant permission for Friends of Israel Disabled Veterans to use photographs, videos, motion pictures, recording, and any other record of this event for any purpose whatsoever.

Show your support for disabled Israeli veterans and add a direct donation in addition to your registration fee:

\_\_\_ \$5 \_\_\_ \$10 \_\_\_ \$15  
\_\_\_ \$20 \$ \_\_\_\_\_ more

Signature \_\_\_\_\_ Date \_\_\_\_\_ Shirt Size circle one S M L XL XXL