



**Third Annual Judy's Run for Stroke Awareness  
Sunday May 23, 2010, 9 AM  
5K Run and Mile Fun Walk**

- Start/Finish:** Sunken Meadow State Park, Kings Park, NY.
- Entry Fee:** \$20 registration includes T-Shirt only.  
Any donations greatly appreciated and can be made payable to "Judy's Run for Awareness" (see below)
- Late Entry Fee:** All entries postmarked after May 10th are considered late. Late Entry Registration Fee is \$30.00.
- Check-In:** T-Shirt, & Number pick-up Sunday May 23 from 7:30-8:30AM at Sunken Meadow State Park.
- Race Course:** 5K/1 Mile Fun Walk on a paved/grass/dirt course through the park.
- Awards:** To the overall male and female winner and the top three in the following age divisions: 12-under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.
- Directions:** Sunken Meadow Parkway North to the park.
- Proceeds:** Our Mission for Judy's Run for Stroke Awareness focuses 100 percent of its donated funds, goods and services on efforts to promote public awareness towards stroke detection, prevention, it's after effects, and where to get help. Judy's Run for Stroke Awareness achieves its mission to lower the incidence and impact of stroke by developing community awareness and education through community based, educational outreach programs as well as the Judy's Run for Stroke Awareness web-site and sponsored running and walking events.
- Information:** Bob Zebrowski (631) 255-2516, [browski@optonline.net](mailto:browski@optonline.net)  
Mail application and make checks payable to: **Judy's Run for Awareness  
52 Leonard Lane  
Centereach, NY 11720**

Name: \_\_\_\_\_ Last: \_\_\_\_\_ Sex: M F Date of Birth: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ T-Shirt Size: S M L XL XXL XXXL

Circle One: 5K Race or 1-Mile Fun Walk

Entry Fee: \$20                      Donation: \$ \_\_\_\_\_                      Total: \$ \_\_\_\_\_  
(Check payable to Judy's Run for Awareness)

In consideration of you accepting this entry, I, the undersigned intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Sunken Meadow State Park, Town of Kings Park, Judy's Run for Awareness, Just Finish Inc., their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have trained sufficiently for the competition of this 5K Run/1 Mile Fun Walk, and my condition has been verified by a licensed medical doctor. If signed by a parent, the parent agrees to release and hold the above named organizations and personnel harmless of any claims and rights which may be assessed on behalf of the entrant. I hereby grant permission to any and all to any and all the foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatever.

**Please tell us how you learned about Judy's Run for Awareness?**

- a.) [www.judysrun.com](http://www.judysrun.com)    b.) Active.com    c.) Posters    d.) Friend/acquaintance    e.) Within the healthcare industry  
f.) At work                      g.) Robert Zebrowski                      h.) Other: (please specify): \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18 years old, signature of parent or guardian is required.