



5k Run/Walk

Saturday, May 22, 2010

**N. Hempstead Beach Park (formerly Bar Beach), Port Washington
 ALL PROCEEDS benefit Nassau Suffolk Services for Autism (NSSA)**

Registration

Online at www.FirstGiving.com/NSSA Click on **Register Now** on right

By Mail: NSSA Hauppauge Rd., Commack, New York 11725 Attn: Connie Grassle
 \$21 pre-registration through May 20th, \$26 on Race Day 7:15-8:45 am

Make check payable to: NSSA

T-shirts to all pre-registrants.

For further information, contact NSSA by phone at 631-462-0386 or online at cgrassle@nssa.net

Please Print:

_____ First Name _____ Last Name

Age: _____ Sex _____ Weight for Clydesdale competition (over 200lbs) _____

_____ Address _____ City _____ State _____ Zip _____

Email address _____ Phone () _____

Will you be running _____ or walking _____

Projected finish time _____ T-shirt size (circle one) S M L XL

Waiver: I hereby release NSSA; all race sponsors; Start2Finish; and the Town of N. Hempstead from any and all liability for personal injury, property damage, or any other claims arising out of Jack's Run/Walk.

Signature: _____

Date: _____

Jack's Run for Autism Awareness

9:00 am, Saturday, May 22, 2010 at N. Hempstead Beach Park (formerly Bar Beach), Port Washington

For more information, call Nassau Suffolk Services for Autism at (631) 462-0386

Route:

5k (3.107 miles) Flat. USATF Certified
Digital clocks every mile.

Awards:

Top Male & Female Overall
Top 3 Males and Females in the following age groups:
12 and under, 13-19, 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+
Wheelchair

Directions

From the EAST:

- 1) Take LONG ISLAND EXPRESSWAY West to Exit 37 (toward WILLIS AVE/MINEOLA/ROSLYN)
- 2) Stay STRAIGHT to go onto OLD POWERHOUSE RD/POWERHOUSE RD (0.1 mi)
- 3) Turn RIGHT onto MINEOLA AVE/WILLIS AVE. Continue to follow MINEOLA AVE (1.1 mi)
- 4) Turn SLIGHT RIGHT onto WALL BRIDGE LN/LAYTON STREET (0.1 mi)
- 5) TURN RIGHT onto OLD NORTHERN BLVD (0.3 mi)
- 6) TURN LEFT onto W. SHORE RD (1.0 mi)
- 7) End at 175 W. Shore Rd., Port Washington

From the WEST:

- 1) Take LONG ISLAND EXPRESSWAY East to EXIT 36 (toward Searingtown Rd/Pt. Washington)
- 2) Stay STRAIGHT to go onto S. SERVICE ROAD (0.3 mi)
- 3) Turn LEFT onto SEARINGTOWN ROAD (1.3 mi)
- 4) Turn RIGHT onto NORTHERN BLVD/NY 25A (0.5 mi)
- 5) Turn RIGHT onto CENTER DRIVE (0.1 mi)
- 6) Turn LEFT onto OLD NORTHERN BLVD. (0.3 mi)
- 7) Turn LEFT onto W. SHORE ROAD (1.0 mi)
- 8) End at 175 W. Shore Rd., Port Washington

