



RAM RUN 5K

FARMINGDALE STATE COLLEGE
SUNDAY, APRIL 5, 2020

Join us for a fast, flat course on the campus of Farmingdale State College and celebrate this iconic Long Island institution. Kids fun run, food, and festivities after the race!
All proceeds go to benefit FSC student scholarships.

FEES

- \$25 thru April 3; \$30 Day of Race

CHECK-IN

- **Pre-Race Packet & T-Shirt Pickup 4/3 (4 – 7 p.m.):**
Runner's Edge 242 Main St, Farmingdale, NY 11735
- **Day of race registration and number pickup:**
Farmingdale State College, Great Lawn begins at 7:30 a.m.

BENEFITS

All proceeds go to benefit FSC student scholarships. Dedicated to student success, Farmingdale State College delivers exceptional academic and applied learning outcomes through scholarship, research, and student engagement for Long Island and beyond.

AMENITIES & AWARDS

- Tees to first 200 registrants
- FREE Kids Fun Run - 1 lap around the track!
- Post-Race Refreshments & Raffles
- Professional Race Announcing by "The Voice of Long Island" Terry Bisogno!
- 1 free beer with race bib at Changing Times restaurant 1247 Melville Rd, Farmingdale (MUST BE 21+)
- **Shoes** awarded to Top 1 M/F Overall & Top 1 M/F FSC Student
- **Awards:** Top 3 M/F Age Groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+

SUNDAY, APRIL 5, 2020

7:30 A.M. CHECK-IN | 8:30 A.M. FREE FUN RUN | 9 A.M. RACE TIME
RAIN OR SHINE

Race begins and ends on the track at Farmingdale State College: 2350 Broadhollow Rd., Farmingdale, NY 11735

Send Entry Form and check (payable to Farmingdale College Foundation) to:

**Farmingdale State College/Ram Run, 2350 Broadhollow Rd.
Ward Hall, Room 10, Farmingdale, NY 11735**

ONLINE REGISTRATION is available at elitefeats.com?RamRun through Friday, April 3, 2020 at 7 p.m.

For more information about the race, contact Michelle Johnson at michelle.johnson@farmingdale.edu.

First Name _____ Last Name _____

Male _____ Female _____ Shirt Size _____ Age on race day _____ Date of Birth _____

Address _____ Town _____

State _____ Zip Code _____

Email _____ Phone _____

Please fill out the entry blank, read the following statement and sign below: In consideration of accepting this entry, I understand and agree to be legally bound hereby for myself, my heirs, executors & administrators, successors & assigns and waive, release & hold harmless Farmingdale State College Ram Run 5K, elitefeats, Inc. and all sponsors and their agents, employees, representatives & assigns for any and all injuries, claims, liabilities & causes of action suffered by me in this event. I attest I am physically fit & have sufficiently trained for completion of this event and my condition has been verified by a licensed medical doctor. If signed by a parent the parent agrees to release & hold harmless on behalf of the entrant. If signed by a parent, the parent agrees to release and hold the above-named organizations and persons harmless from any claims that may be asserted by or on behalf of the minor entrant as well as grant permission to any of the foregoing organizations to take & use photographs of said entrant, video and recordings or any other record of this event for any purpose whatsoever. I understand that no refunds will be given in the event of the run being cancelled as a result of causes beyond the control of the race organizers.

Signature _____ Date _____