



The Kulanu Mile



A One Mile Run/Walk to Benefit Programs for Families and Children with Special Needs

North Woodmere Park, NY - Sunday September 21, 2014

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

USATF-LI 1 Mile Judged Race Walk 9:45 (limit 14 minutes)

Race timing by
"Start-to-Finish"

Separate waves for competitive and non competitive participants



Registration 1 Mile Race

Pre-Registered - Before 9/15/14\$20
Day of Race\$25

Registration Kids Fun Run (12 and Under)

Pre-Registered - Before 9/15/14\$10
Day of Race\$15

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.

1 Mile Awards

First Overall Male and Female
Prizes to top three finishers in each category.

Categories: Male and Female:

14 & under, 15-19, 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 & over.

To register online go to
www.kulanukids.org

For Race information email
info@kulanukids.com
or visit
www.kulanukids.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

Kulanu Mile Run September 21, 2014

Make checks payable to: Kulanu - Mail to: Kulanu, P.O. Box 305, Cedarhurst, NY 11516

First Name _____ Last Name _____ email _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ M ___ F ___ Age on Sept. 21, 2014 ___ 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, here-by waive, release, and hold harmless KULANU, 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 Kulanu to use photographs, videos, motion pictures, recording, and any other record of this event for any purpose whatsoever.

Show your support by adding a donation in addition to your registration fee:
___ \$5 ___ \$10 ___ \$15
___ \$20 \$ _____ more

Signature _____ Date _____ Shirt Size circle one S M L XL XXL