

# MISSION STATEMENT

The mission of CN Guidance and Counseling Services is to provide clinical treatment, rehabilitation, housing opportunities, social and support services, counseling and guidance to individuals, families and the community affected by mental illness, developmental disabilities, psychological difficulties, addiction and/or dependency problems.

All proceeds from Runday will benefit CN Guidance and Counseling Services.

For more information contact:

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**Free FUNRUN for kids!**

**CN** guidance & counseling services

950 South Oyster Bay Road  
Hicksville, NY 11801

Nonprofit  
Organization  
U.S. Postage  
PAID  
Hicksville, NY  
Permit No. 43



## The Barbara Bartell

MEMORIAL

RUNDAY!

Featuring a 10K, 5K  
and a fun run!

**Saturday, May 28, 2016**

START TIME – 8:30AM | FUN RUN – 8:00AM



**CN** guidance & counseling services

Race Director – Carl Grossbard

950 South Oyster Bay Road, Hicksville, NY

# RUNDAY INFORMATION

## DATE:

Saturday, May 28, 2016 (Rain or Shine)

## START TIMES:

**10K and 5K Run:** 8:30AM Sharp

**Fun Run:** 8:00AM Sharp (Ages 12 & under)

## COURSE:

5K or 10K (double loop) fast, flat course. USATF Sanctioned.

Timed results by Elite Feats.

## FUN RUN:

1/2 mile run on straight course guided by cones and volunteers.

## RULES:

For the safety of participants, no skates, rollerblades, strollers or animals permitted on the course.

## AMENITIES:

Nassau County Police Traffic Control, Split Time each mile, Three Water Stations on course, Additional Food and Beverages at end of race, Restroom Facilities and Massage. There will be a post-race drawing for prizes and gift certificates. One raffle ticket per entrant.

## ONLINE REGISTRATION:

www.active.com

## REGISTRATION FEE:

(Until 5/24/16)

\$20 - 10K Run or 5K Run

\$10 - 5K Teen Discount (16 & under)

FREE - Fun Run (12 & Under)

\$25 - Day of fee for everyone

## DAY OF RACE CHECK-IN:

7:00AM - 8:00AM CN Guidance and Counseling Services parking lot

## CATEGORIES:

Male / 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; 80-84; 85-89; 90+; Masters; Wheelchair Athletes

## AWARDS:

Top 3 Overall Male & Female receive trophies, Top 3 finishers in each age/gender group receive medals, All Fun Run participants receive medals.

**\$500 Grand Prize!**

Thank you to our sponsors:



## Barbara Bartell Runday Registration Form

Please complete legibly. One form per participant.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age race day: \_\_\_\_\_

Sex: M/F \_\_\_\_\_

Check One:  10K RUN  5K RUN  KIDS FUN RUN

**Special Category** (check if applicable)

Wheelchair

Clydesdale/Athena Weight: \_\_\_\_\_

**Registration Fee:** Includes T-shirt (size selection is based on availability). Please note your registration fee and fundraising efforts help Long Islanders in their time of need.

Adult (17 and older): \$20

Teen (16 and younger): \$10

Kids 12 and under for Fun Run: FREE

Day of race (all participants): \$25

**Registration Fee Subtotal:** \$ \_\_\_\_\_

**I wish to make a donation of:** \$ \_\_\_\_\_

**Total:** \$ \_\_\_\_\_

\_\_\_\_ Check made out to CNGCS enclosed

\_\_\_\_ Charge my credit card:  Visa  MC  AMEX

Card #: \_\_\_\_\_ CVV \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I hereby waive and release any and all rights and claims I may have against CN Guidance & Counseling Services, Nassau County, The Town of Oyster Bay, Elite Feats, Long Island Track & Field and all race sponsors and volunteers for any and all injuries suffered by me in said event. I am physically fit and have sufficiently trained for the completion of this 10K or 5K, I am aware of the considerable risks of competing, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use any pictures, or any other record of this event for whatever purpose. If signed by a parent, the parent agrees to release and hold the above organizations and persons harmless of any claims and/or rights which may be asserted on behalf of the entrant.

Signature: (Guardian if under 18) \_\_\_\_\_

Date: \_\_\_\_\_

Return to:

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