



Strength For Life

First Annual “Evelyn Knapp 5K Memorial Run”

Sunday, November 21, 2010
9:00 AM

Sunken Meadow State Park
Rte. 25A and Sunken Meadow Parkway
Kings Park, New York 11754

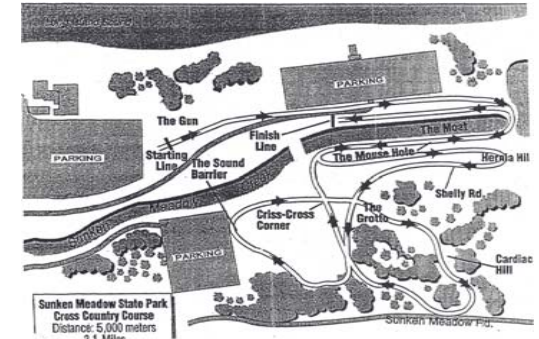
Strength for Life is a 501 (c) 3
charitable organization providing
free exercise classes and
wellness weekends to cancer
patients and survivors.

www.strengthforlifeny.org

Strength for Life
902 Constance Lane
Port Jefferson Station, NY 11776

Course

- 5K (3.107miles) through the scenic trails of Sunken Meadow State Park located on the Long Island Sound
- water station at ½ point
- splits at mile 1 and 2



Registration

Pre-registration

5K \$17 through Oct. 21;

5K \$22 through Nov. 20;

5K \$25 Post-registration on day of race

Online registration www.active.com -closes

November 19 at 8 am

FREE FUN RUN

1 / 2 mile

Fun Run 8:30 AM



Directions:

Sunken Meadow State Park is located in Suffolk County, Town of Smithtown, on the North Shore of Long Island, New York.

From **LIE** - exit 53 North– Sunken

Meadow/Sagtikos Pkwy – 8 miles to end.

From **NSP** - exit 45N;

From **SSP** – exit 41N;

AWARDS

- 1st Place Overall Male & Female
- 2nd Place Overall Male & Female
- 3rd Place Overall Male & Female

Awards to top three finishers in each age group:
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 plus

Special awards to top five finishers who are cancer survivors.

- Top Quality tee shirts to every 5K entrant
- Medals to all Fun Run Finishers
- Post-Race Raffle
- Post-Race Refreshments



Julia, Natalie Carol and Isabella Knapp

Registration and Number pick-up

Runner's Edge, 242 Main Street, Farmingdale
Saturday, Nov. 20th from 12- 5 pm
Day of race Sunken Meadow State Park
Bath house Nov. 21st at 7:30 – 8:30 am



Strength For Life

Evelyn Knapp, co-founder of Personal Training Institute, spent a lifetime promoting exercise and proper nutrition to thousands. Her knowledge, motivation and dedication helped inspire countless individuals to engage in a healthier lifestyle. After being diagnosed with breast cancer, Evelyn continued exercising throughout treatment. She would say it gave her a feeling of control in an uncontrollable situation. From there she made a new commitment to promote exercise for cancer patients so they, too, would experience the benefits. In 2005 Evelyn lost her battle with breast cancer. However, her mission was not lost. Strength for Life was formed in Evelyn's memory so we may continue her work and make her vision a reality



Evelyn Knapp 5K Memorial Run • November 21, 2010
Mail to: Strength for Life, 902 Constance Lane,
Port Jefferson Station, NY 11776
Make checks payable to "Strength for Life"

First Name _____

Last Name _____

Address _____

Town _____

State _____ Zip _____

Phone # () _____

email _____

Age (on race date) _____ Male _____ Female _____

Date of Birth: ____/____/____

Fun Run _____

Are you a cancer survivor? yes _____ no _____

Shirt Size _____

Please complete entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby, waive and release and hold harmless Strength for Life, NYS Parks & Recreations, County of Suffolk, all race sponsors, the Kings Park Volunteer Fire Department, and the representatives, successors, and employees of each of such organization, assigns, for any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above mentioned organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical 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 asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatever.

Signature:

If under 18 years old, signature of parent or guardian: _____