



HOSTED BY  
Knights of Columbus  
Sunrise Council 6607



# 5K FAMILY RUN/WALK RAIN OR SHINE!



HELPING HEROES  
All profits donated to  
Paws of War

**Saturday October 14th 2023 - 9 AM Start - Heckscher State Park**  
1 Heckscher State Park, East Islip, NY 11730 - Free Parking

★★★ The profits from this event will enrich the lives of Veterans here on Long Island, and support our active heroes. To enter online or make a donation, please visit [events.elitefeats.com/pawsofwar](http://events.elitefeats.com/pawsofwar)

## THE COURSE

A 5K (3.1 miles) flat USATF certified route through the grounds and surrounding area of Heckscher State Park.

Times will be recorded using timing chips and results will be posted on our website [www.sunriseknights.com/race.html](http://www.sunriseknights.com/race.html)

## THE AWARDS

Awards will be presented to the top overall Male and Female winners. Medals will also be presented to the first three finishers in each of the following categories: M & F: 12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80 and over.

Paws of War is a non-profit organization making headlines by helping both ends of the leash with a range of programs that serve America's heroes - including saving the lives of Veterans and First Responders by providing vital support and Service Dogs, along with rescue missions to help military members on active duty overseas to save dogs and cats they protect and care for during deployment, who would suffer without their heroes. The animals become family, and Paws of War reunites them with their Service Members so they can live safe and happy lives here in America.

For more information please contact:

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## REGISTER BY MAIL

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Age (On day of race): \_\_\_\_\_ M / F \_\_\_\_\_ Tshirt Size: S / M / L / XL \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

● Entry fee: \$35 - Please make check payable to: Sunrise Council 6607  
Mail registration and payment to: Sunrise Council 6607, P.O. Box 636, Oakdale NY, 11769-0636

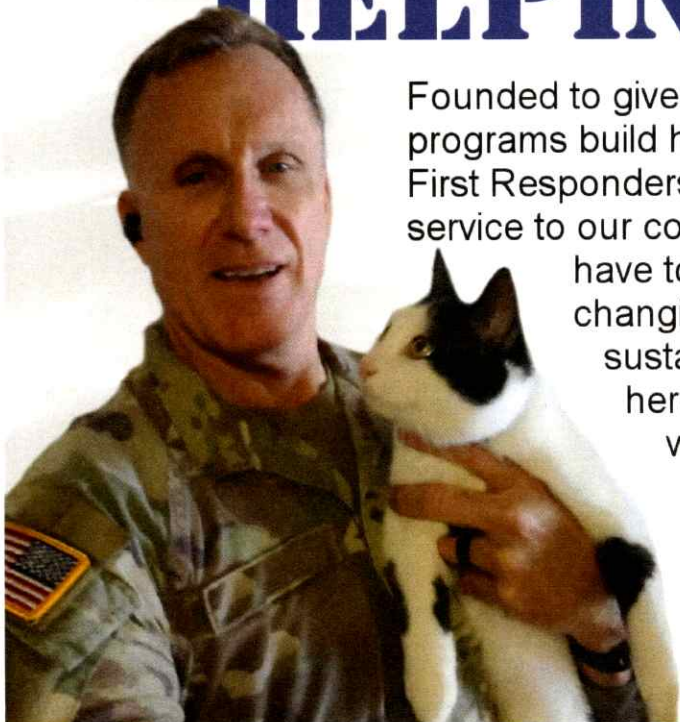
**Entry Waiver:** In consideration of accepting this entry, I, the undersigned, agree to legally bind myself, my heirs, executors and/or administrators, and waive any and all rights and/or claims, in damages, or in equity, I may accrue, against Suffolk County Police Department, Town of Islip, Elitefeats.com, Heckscher State Park, Sunrise Council, Knights of Columbus, Paws of War and all involved or affiliated with this race. I attest and verify that I will participate in this event as a foot race entrant, that I have sufficiently trained for this event, and that a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any and all aforementioned, to use any photographs, videotapes, motion pictures, recordings or any other record of the event for any legitimate purpose.

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

(Parent or Guardian if under 18)



# PAWS OF WAR: HELPING HEROES



Founded to give back to our Nation's heroes, Paws of War's programs build hope and community around our Veterans and First Responders - offering specialist support for those whose service to our country left them with burdens they should never have to carry alone. Our Service Dog program is life-changing for members who battle with PTSD or have sustained life-altering injuries; our mission is to help heroes reclaim their independence and quality of life with dignity and respect. We also serve our active military and their families with deepest gratitude for all who sacrifice so much for us.

[www.pawsofwar.org](http://www.pawsofwar.org)

Paws of War is a registered 501(c)(3) non-profit.  
Tax I.D. #46-5113396



## Make a difference as a Patriot Sponsor

Sponsorship contact:

**Ray Meyer**  
Paws of War

**631-624-4126**

Reference: Sunrise Council Family 5k



**PLATINUM**  
\$5,000



**GOLD**  
\$1,000



**SILVER**  
\$500



**BRONZE**  
\$300