

Ellen's 22ND ANNUAL Run[®]

Changing Lives, Saving Lives

SUNDAY, AUGUST 20, 2017

9 AM, RAIN OR SHINE

EARLY CHECK-IN

Saturday, August 19, 9 AM – 12 PM

Southampton Hospital, Parrish Memorial Hall, Southampton, NY

A 5K RACE/WALK

Runners, walkers, women, men & children welcome!

*A Family Event to Benefit
Breast Cancer Patient Support Services*



REGISTER ONLINE AT:
ellensrun.org

Ellen's Run®

22ND ANNUAL

Changing Lives, Saving Lives

SUNDAY, AUGUST 20, 2017 • 9 AM • SOUTHAMPTON HOSPITAL • SOUTHAMPTON, NY • A 5K RACE/WALK

REGISTRATION

- Please print clearly and sign the application
- One person per application
- Application can be photocopied
- Additional applications are available at ellensrun.org

AWARDS

- Trophies for top three female and top three male runners
- Medals for top three females and top three males in each age group
- Award for the first place breast cancer survivor

SANCTIONED BY USA TRACK & FIELD

LAST NAME

FIRST NAME

STREET ADDRESS

APT #

CITY

STATE

ZIP CODE

() / /

F M

DAYTIME PHONE

DATE OF BIRTH (MM/DD/YYYY)

AGE ON RACE DAY

GENDER

EMAIL ADDRESS

TEAM NAME (OPTIONAL)

☐ I AM A BREAST CANCER SURVIVOR

WAIVER AND RELEASE

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather (including high heat and/or humidity), dehydration, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of my accepting my entry to participate, I, for myself and anyone entitled to act to my behalf waive and release The Ellen P. Hermanson Foundation, The Village of Southampton, Southampton Hospital Foundation, Granite State Race Services, USA Track & Field, all sponsors, race directors, their agents, servants, and volunteers, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, and any record of this event for any legitimate purpose. I acknowledge that entry fees are non-refundable for any reason and that my right to participate in this event (or a rescheduled event if this event is cancelled) is non-transferable. Roller blades, baby joggers, headphones, and animals are prohibited in this race.

APPLICANT'S SIGNATURE (PARENT OR LEGAL GUARDIAN MUST SIGN IF APPLICANT IS UNDER 18)

DATE

PLEASE MAKE CHECK PAYABLE TO:

ELLEN'S RUN
P.O. BOX 4098
EAST HAMPTON, NY 11937

☐ REGISTRATION FEE: \$35 (one person per application), \$25 for children under 12 and senior citizens, 65 and older

☐ \$_____ MY TAX DEDUCTIBLE GIFT TO HELP CONTINUE ELLEN'S LEGACY

RETURN BY AUGUST 18, 2017, AND SAVE!
REGISTER ONLINE AT ELLENSRUN.ORG
DAY-OF-RACE REGISTRATION FEE IS \$45 FOR EVERYONE.

AGE GROUPS

UNDER 12 • 12-15 • 16-19 • 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+

RUNNERS' RAFFLE • GIVEAWAYS • REFRESHMENTS

FUNDS RAISED AT ELLEN'S RUN SUPPORT
PROGRAMS IN THE EAST END COMMUNITY.

YOUR SPONSORSHIP SUPPORTS PROGRAMS ON THE EAST END!



PLEASE JOIN US — WE NEED YOUR SUPPORT!
You can raise much-needed funds to help breast cancer patients and their families survive and thrive!



If each participant raised \$100, The Ellen Hermanson Foundation could provide 1000 free mammograms to women in need.

SPONSOR PLEDGE FORM • ELLEN'S RUN • SUNDAY, AUGUST 20, 2017

NAME OF PARTICIPANT

PERMANENT MAILING ADDRESS

CITY, STATE, ZIP

DAY TIME PHONE

E-MAIL

TEAM NAME (OPTIONAL)

NAME OF SPONSOR	SPONSOR'S COMPLETE MAILING ADDRESS	E-MAIL	AMOUNT
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			

PLEASE MAKE CHECKS PAYABLE TO ELLEN'S RUN. RETURN SPONSORSHIP FORM AND PAYMENT TO:

ELLEN'S RUN • P.O. BOX 4098 • EAST HAMPTON, NY 11937

**** OR BRING THEM TO THE PLEDGE DROP-OFF TABLE AT ELLEN'S RUN ****

WHO WE ARE

The Ellen Hermanson Foundation ensures access to state-of-the-art breast health care and empowers people affected by cancer.

ELLEN P. HERMANSON

1952–1995



Ellen's Run was established in memory of Ellen P. Hermanson who died from breast cancer in 1995 at the age of 42. A journalist and activist, Ellen was an articulate and effective advocate for breast cancer survivors and patients, and spoke eloquently about the under-explored, but critically important, art of pain management.

THE ELLEN P. HERMANSON FOUNDATION

Ellen's Run is the signature event of The Ellen Hermanson Foundation, a not-for-profit 501(c)(3) corporation. The Foundation is continuing Ellen's work by funding projects that provide educational outreach and early detection for underserved communities and psychosocial support for breast cancer survivors and their families. Your contributions are tax deductible to the extent allowed by law.

REGISTER ONLINE AT:
ellensrun.org

WHO WE HELP

Since Ellen's Run began in 1996, The Ellen Hermanson Foundation has given more than \$4 million to numerous organizations. Nearly all the funds granted support programs on the East End of Long Island, NY. For a complete list of all that we have done, visit ellensrun.org.

THE ELLEN HERMANSON BREAST CENTER

At Southampton Hospital

We are proud of our ongoing commitment to the Southampton Hospital and our part in funding the self-contained, state-of-the-art Ellen Hermanson Breast Center. The American College of Radiology designated this facility a "Breast Center of Excellence." No patient is turned away from The Ellen Hermanson Breast Center for lack of insurance or inability to pay for treatment.

ELLEN'S WELL

A free support program, Ellen's Well provides the highest level of psychosocial services and specially-designed programs that enhance wellness.

HOW YOU CAN HELP

RAISE SPONSORSHIP PLEDGES

Collect pledges from relatives, coworkers, neighbors, and friends. The more you raise the more we can help.

PARTICIPATE ON AUGUST 20

Run, walk, volunteer, donate, or sponsor. You can make a difference!

CONTACT US

Call 212-840-0916 or e-mail info@ellensrun.org for more information on the run, volunteer opportunities, and corporate or individual sponsorships.

THE RUN

THE 22ND ANNUAL ELLEN'S RUN SUNDAY, AUGUST 20, 2017

A 5K RACE/WALK — 9 AM, RAIN OR SHINE
Southampton Hospital, Parrish Memorial Hall

REGISTER TODAY!

Pre-registration (before Aug. 20)	\$35
Children (under 12)	\$25
Senior Citizens (65 and older)	\$25
Day-of-race (all participants)	\$45

WAYS TO REGISTER

ONLINE

Register online at ellensrun.org. Online registration closes Friday, August 18, 2017, at 11:59 PM.

MAIL

Complete the enclosed application and return it with your check by Friday, August 18, 2017, to take advantage of early registration fees.

IN PERSON

Beat the rush! Pre-register, check in, and pick up your race bib and T-shirt on Saturday, August 19, 2017, 9 AM – 12 PM, Southampton Hospital, Parrish Memorial Hall.

DAY-OF-RACE REGISTRATION

Sunday, August 20, 7:30 AM – 8:30 AM at Parrish Memorial Hall. **\$45 for all participants.**

CHECK-IN

Pre-registered participants check in on Race Day at Parrish Memorial Hall, Sunday, August 20, 7:30 AM – 8:30 AM, or take advantage of Early Check-in August 19, 9 AM – 12 PM.

DIRECTIONS TO THE RACE

Southampton Hospital

Parrish Memorial Hall: 265 Herrick Road at Lewis Street, Southampton, NY. Directions available at ellensrun.org.