



All proceeds benefit Staten Island charities.

spring meltdown

ENTRY FEES:

Pre-Registration - \$30

(Dri-FIT shirt) - Adults Only

Post May 1st Registration - \$35

(Shirt Not Guaranteed)

H.S. Runners - \$15

(Please wear school shirts)

Walkers - \$20

Children under 12 admitted free.



Sunday, May 5th 2024

Located at Freshkills Park

Celebrate Cinco de Mayo with a run/walk.

8:00 AM RACE DAY REGISTRATION

9:30 AM RACE START - Rain or Shine

Register by April 20, 2024 and receive a Dri-FIT shirt.

Race scoring and timing done by the Complete Race Solutions.

LOCATION: Fresh Kills Park Staten Island, NY 10314 • Entrance to park near Showplace Bowling parking lot.

MAIL TO: 75 Martin Ave. • SI, NY 10314

MAKE CHECKS PAYABLE TO: Mid Island Rotary Foundation



First Name:		Phone:	
Last Name:		Email:	
Address:		Date of Birth: / /	
		Age on Race Day:	
City:		Gender: <input type="radio"/> Male <input type="radio"/> Female	
State:	Zip:	Shirt Size: <input type="radio"/> Small <input type="radio"/> Medium <input type="radio"/> Large <input type="radio"/> XLarge	

EMERGENCY CONTACT INFO: **Name:** _____ **Phone:** _____

In consideration of your accepting this entry, I the undersigned, intending to be legally bound by myself, heirs, executors and administrators, waive and release any and all rights and claims for damages and injury that I may have against the Mid-Island Rotary Club, Freshkills Park, their agents, servants, successors and all persons or entities involved in the promoting or staging of the 2024 Spring Meltdown Run/Walk. I attest that I am physically fit and have trained sufficiently for this event to be held on Sunday, May 5, 2024.

Signature: _____ **Parent** (if under 18): _____