

FREE's Annual 5K  
**HOTDOG**  
FREE'S ANNUAL 5K  
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DASH

Sun. July 7, 2019 Rain or Shine - 9:00 AM Start for the 5K and 1Mile

**CHECK IN BEGINS 7AM**  
EISENHOWER PARK - FIELD #2  
1899 Hempstead Tpke – E Meadow, NY 11554



*For more information about the race, contact Sara Guando*  
[sguando01@familyres.org](mailto:sguando01@familyres.org)  
516-870-1600 ext. 1869

**Event Schedule**

7:00 AM: Registration and Check-In Begins  
8:30 AM: Pre-Race Ceremony  
9:00 AM: One-Mile Fun Run and 5K Races Begin  
10:00 AM: Award Ceremony begins  
10:00 AM – 12:00 PM : Explore the Exhibitor Booths and enjoy the post-race Barbeque!

*Day of Registration \$35 – 1 Mile Fun Run \$25*  
Raffle sales begin at 8:00 AM and will be drawn at 11:15! **1 for \$5 or 5 for \$20**  
Winners do not need to be present at drawing!

Top 3 male/female, 10 year age categories to 80+, Top Fundraiser & Team Spirit Award

**PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR SHIRT!**

LIVE Online/Email/Text Results and free finish line photos can be found on race day at [elitefeats.com](http://elitefeats.com)