YOUNG ISRAEL OF JAMAICA ESTATES
Eighth Annual Queens/Long Island

L'Chaim 5k run for Israel

In memory of Chaim Bohorodzaner, z"l

Memorial Day
Monday, May 25th
2009
ב' סיון תשס"ט

Cunningham Park Area
Rain or Shine (In case of rain all non-run events inside @ PS 178)

run4israel@yije.org

* LIVE CONCERT - *Yaakov Chesed* *
* *Health & Fitness* FAIR *
**Max & Mina's Ice Cream Festival* *
**Mega Raffle* * VENDORS *
FUN FOR ALL AGES!

MAJOR SPONSORS
CNCG
Bohorodzaner Family
Register Abstract

Proceeds to benefit medical, Humanitarian aid, security & welfare needs in Israel.

* This run is in memory of Chaim Bohorodzaner (z"l) whose life was filled with friendship, strength, love of family, Israel, and good causes. He always lived life to the fullest with determination no matter how difficult the journey. He will forever live on in the hearts of all those who knew him and especially with his wife Helen and their children, Jana and Avi.

RUN/WALK RACE DAY

Youth Sprints 9:30 AM
Opening Ceremony 10 AM
Run/Walk 10:30 AM

ADULT REGISTRATION $20

Numbers, T-Shirt pick up 9:00–10:15AM
P.S. 178, 188 Street & Avon Road,
exit 19 GCP, 1 block north

Early Registration $15

by mail before May 22th or
in person Sunday, May 24th @ YIJE
83-10 188th Street, 7-10pm

RUN/WALK DIVISIONS:
12 and under, 13-15 years, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65+

5K AWARDS

Trophies will be presented to the first place male and female winners overall. Additional trophies will be given to the top 3 runners in each age group, male and female.

All 5K participants will be scored

Results will be posted on **www.yije.org**

YOUTH SPRINTS $10

YOUTH SPRINT DIVISIONS:
5-6 years, 7-8, 9-10, 11-12, 13-14

Medals will be given to all participants in Youth Sprints.

AMENITIES

- T-Shirts for all pre-registered participants
- Prizes and raffles
- Free race refreshments
- Massage therapists
- Police supervised route
- Professionally supervised and timed by QUANTUM FEET

EVENT SANCTIONED BY
USA TRACK & FIELD

Early entry deadline May 24th!

REGISTRATION FORM

(one form per entrant, please)

You must complete all information to be considered for a trophy and for your run time to be posted.

❒ Male ❒ Female
❒ 5K Run/ Walk ❒ Youth Sprints RACE DAY AGE____

Entry Fees circle one
5K Run/Walk: $15 Early registration (thru May 24th)
$20 Race day registration
Youth Sprints: $10 (ages 5-14)

Last Name First Name

Street Address

City State Zip

Daytime Telephone Number **Visit our website www.yije.org**

RAFFLE ORDER FORM

you need not be present to win!
$10 each 3 for $25 6 for $50 12 for $100
Round Trip Ticket to Israel
Fine Jewelry • Hotel Night stays
Sterling Silver Judaica • Palm Pilot • iPod
Brite Smile Treatment • Limited Edition Jewish Art Work
Major League Sports Tickets and much more
* Gift Certificates and many MORE Prizes!! *

Name _____

Address _____

Phone _____

e-mail _____

# of Raffle Tickets: _____

Raffle Total $_____ Mail completed form(s) with check to:
YOUNG ISRAEL OF JAMAICA ESTATES ISRAEL FUND
83-10 188th Street, Jamaica, NY 11432 *Raffles will be entered upon receipt of payment.*