

Heart Links



THE HUDSY VIRTUAL 5K RUN/WALK

Honoring Joan Hudson

Sponsored by Quogue School Heart Links Project

November 21st – November 29th, 2020

Proceeds fund heart healthy activities at the Quogue Elementary School

Location: Pick Your Own!

Race Dates: Starts on November 21st, 2020 and Ends on November 29th, 2020

Registration: 5K Run / Walk \$ 30.00

Awards: Top Male and Female Overall Awards
Top 3 males and females in the following groups:
14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-70, 80-89, 90+

Course: Race Starts and Finishes wherever you want it to. Make your own 3.1 Mile Course
For Additional Information call Ryan Fay at 631-653-4285

Register online at <http://events.elitefeats.com/hudsy20>

BUFFS for the first 150 Registered Race Participants



Waiver: 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, and 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 you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Village of Quogue; the Quogue Heart Links Project, The Quogue Elementary School, and Elite Feats; all sponsors, underwriters, race Directors, their agents, servants and volunteers, their representatives and successors from all claims or 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 other record of this event for any legitimate purpose.

ROLLER BLADES AND ANIMALS ARE PROHIBITED FROM PARTICIPATING IN THIS RACE