

East Rockaway EDUCATION FOUNDATION Virtual Spring Run /Walk

Participate & Post:
3/20 – 3/28



events.elitefeats.com/eref21

EREF buff for the first 350 Participants! Do all three distances 5K, 10K & Half for the Trifecta and earn a MEDAL!

HOW TO POST TIMES:

1. Run/walk whenever & wherever you'd like!
2. Starting 3/20, go to: elitefeats.com/Results
3. Search for your name - click UPDATE
4. Enter your time
5. OPTIONAL upload up to 5 photos!
6. Upload your times & photos beginning 3/20 - 3/28

TRACKING YOUR DISTANCE:

Download free app: Strava

REGISTER & POST TIMES:

For mail-in registration, use application below, or
Online registration: events.elitefeats.com/eref21
Last Day to register and post times: March 28, 2021

VIRTUAL Spring Run/Walk Application

Last Name, First Name

Male /Female

Street

City

State

Zip

Phone

Age (as of race day)

Date of Birth

5k 10k 5k 1/2Marathon Trifecta

Email

Emergency Contact

Phone

I am unable to participate, but would like to make a donation of \$ _____

Release of all claims for personal injury as participant in the 2021 Virtual Spring Run/Walk. In consideration for my rights to participate in this race event, I hereby release East Rockaway Education Foundation, Inc., all sponsors, all municipalities, and all race officials from any liability of personal injury incurred by me in participating in this race. I further certify that I am in proper condition to participate in this race, and am aware of all inherent risks of participation.

Participant Signature (Parent or Guardian if under 18)

Date

Registration by mail: East Rockaway Education Foundation Inc., PO Box 230, East Rockaway, NY 11518.
Please make checks payable to *East Rockaway Education Foundation*. Online registration: <https://events.elitefeats.com/eref21>
Please note, this is not an East Rockaway Union Free School District sponsored event.