Evelyn Knapp, an exercise physiologist, spent a lifetime promoting exercise and proper nutrition to thousands. Her knowledge, motivation and dedication helped inspire countless individuals to engage in a healthier lifestyle. After being diagnosed with breast cancer, Evelyn continued exercising throughout treatment. She would say it gave her a feeling of control in an uncontrollable situation. From there she made a new commitment to promote exercise for cancer patients so they, too, would experience the benefits. In 2005 Evelyn lost her battle with breast cancer. However, her mission was not lost. **Strength for Life** was formed in Evelyn's memory so we may continue her work and make her vision a reality.

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**RACE SHIRT DEDICATION:**
FOR $25 HONOR A LOVED ONE ON OUR 2017 RACE SHIRT

![Race Shirt Dedication Image]

Choose In Memory or In Honor Of:
SEE APPLICATION FOR MORE

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Evelyn Knapp’s 5K ‘Run to Remember’ & 3K Wellness Walk

Sunday, November 19, 2017
9:00 AM

Sunken Meadow State Park
Rte. 25A and Sunken Meadow Parkway
Kings Park, New York 11754
Evelyn Knapp’s 5K ‘Run to Remember’ and 3K Wellness Walk
November 19, 2017, 9:00am
Mail to: Strength for Life, 21 Pulaski Rd., PMB 119, Kings Park, NY 11754
Make checks payable to “Strength for Life”

First Name___________________________________________
Last Name___________________________________________
Address_____________________________________________
Town _______________________________________________
State____________________________Zip_________________
Phone # ( ) ________________________________
email _______________________________________________
Age (on race date) ________Male____Female____
Date of Birth: ____/____/____
Are you a cancer survivor? yes_______ no________
Check category: (Prices reflect entries post marked by 11/16)
5K run _____ Adult_____ ($25) Youth____($15) Shirt Size_____
3K walk_____Adult_____($25)  Youth____($15) Shirt Size_____

Race Shirt Dedication:
In Honor of _____($25 per name)
In Memory of ____($25 per name)
Name of loved one (as it will appear on shirt):_________________________________________

Total amount enclosed: $___________

Please complete entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby, waive and release and hold harmless Strength for Life, NYS Parks & Recreation, County of Suffolk, all race sponsors, the Kings Park Volunteer Fire Department, and the representatives, successors, and employees of each of such organization, assigns, for any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above mentioned organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above-named organizations and personnel harmless of any claims and rights which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatever.

Signature:___________________________________________

If under 18 years old, signature of parent or guardian:___________________________________________

Benefiting Strength for Life, a 501 (c) 3 charitable organization providing exercise classes, wellness weekend retreats, and empowerment programs to cancer patients and survivors at NO COST

www.strengthforlifeny.org

Run Course (9:00am Start)
• 5K (3.107miles) through the scenic trails of Sunken Meadow State Park located on the Long Island Sound including “Cardiac Hill”.
• Water station at ½ point

Walk Course (9:15am Start)
• Length of Boardwalk twice to Finish Line
• Approximately 3K (1.8 miles)
• Water station at finish

Entry Fee’s
Pre-registration for 5K Run and 3K Walk
$15 Youth (14 and under) through Nov. 16
$25 Adult through Nov. 16
Post-registration and day of race for 5K and 3K
$30 Youth and Adults

Awards
1st, 2nd, 3rd Place Overall Male & Female
Awards to top three finishers in each age group:
10 & under,11-14,15-19, 20-24, 25-29, 30-34, 35-39,
40-44,45-49, 50-54, 55-59, 60-64, 65-69, 70+
Special awards to top five finishers who are cancer survivors.

Additional Information:
• Top quality tee shirts to every pre-registered 5K, 3K or Fun Run entrant
• Post-Race Raffle/ Food/ Refreshments

***Registration and Number pick-up***
The Knapp’s Home
397 West Montauk Hwy, Bay Shore, 11706
Saturday, Nov. 18 from 12- 5 pm
Day of race Sunken Meadow State Park
Nov. 19 RD from 7:30 – 8:30 am

Directions:
Sunken Meadow Park, Town of Smithtown
From LIE – exit 53 North – Sagtikos / Sunken Meadow Pkwy – 8 miles to end
From NSP – exit 45 N to end
From SSP – exit 41N to end

Fundraise to make a difference
Set a fundraising goal for yourself and ask everyone you know to help you reach your goal.

Name ________________________________
Address __________________________________
City ____________________State _______ ZIP ________
Phone ____________________________

Donor’s Name Amount Cash/Check

Make Checks Payable to “Strength for Life”