



# **FOURTH ANNUAL 5K RACE**

## **CRUZIN IN THE DUNES TO SAVE OUR BAY**

**SATURDAY, SEPTEMBER 19<sup>TH</sup> 2015 (RAIN OR SHINE)**

- COURSE:** 5K (3.1 Miles)  
Certified and accurately measured  
Flat and scenic route along Dune Road
- LOCATION:** 906 Dune Road, West Hampton Dunes, NY
- TIME:** 7:30AM Registration  
8:30AM Warm-up and Light Refreshments  
9:00AM Race  
Raffle and Awards Ceremony to follow race
- REGISTRATION:** Visit [www.islandrunning.com](http://www.islandrunning.com) for registration  
\$20 Advance Registration by August 15  
\$25 Day of Race and After August 15
- AWARDS:** Held at the Conclusion of the run
- HOSTS:** Co-Hosted by Island Running and the  
Barrier Beach Preservation Association

