

## THERE IS NO FAT IN THIS BOWL OF SOUP!

Project HOPE (Helping Other People Eat) is a lean, mean feeding machine with no paid employees, run out of St Hugh Church and Temple Beth El of Huntington. Twice a month, 150-200 free Sunday suppers are served. Throughout the year, healthy meals are delivered to homeless shelters, group homes and students fed year-round by Tri Community Youth Association.

Now in its 15th year, Project HOPE is a grass roots miracle without any ties to state or federal funding. It has grown from the minds and hearts of dedicated community members. It remains a 100% volunteer organization.

Started as an extension of summer Bible camp in 2003, Project HOPE was named by a 14 year-old participant and has grown into a beautiful army of volunteers. With one email blast, dedicated people show up to cook, clean, transport or sort food to feed others. Although it started at a Catholic Church, Project HOPE is a community phenomenon of people of diverse faiths.

In 2010, Project HOPE resurrected the Little Cow Harbor, 4-mile race, held at Oldfield Middle School in Greenlawn: The Run for HOPE. This remains the only fundraiser for our organization. We recognize our donors with mile marker signs and banners depicting their company names.

### THANK YOU PAST SPONSORS:

**The Tonna Family**  
**Polimeni International, LLC**  
**M.A.T.C.H. Box LLC**  
**The Graci Family**  
**The Kane Family**  
**Comax Flavors Manufacturing Corp**  
**MGA Systems Inc**  
**Staller Associates**  
**Fairport Electric**

### WHY RUN OUR RUN?

- Long-sleeved performance shirts
- Soup and snacks at the finish
- Awards for top finishers
- Raffle prizes
- Race officially timed by Start2finish
- Race professionally announced
- RACEJOY Runner's tracking app!
- Be a local Hero – 100% of the proceeds go to feeding the hungry in our community

## BECOME A SPONSOR!!!

**Make a donation\* to Project HOPE**

**We are a 100% Volunteer Organization**

**Take a look - [www.projecthopeny.org](http://www.projecthopeny.org)**

In order to have time for printing we need sponsorship submitted by February 14th 2018

— **\$100 – Friend of Project HOPE.**

Name displayed on signage along race course.

**All Sponsorships below include Name/Logo printed on event T-shirts and on our web-site**

— **\$250 – REFRESHMENT SPONSOR:**

Signage at our refreshment tents

— **\$500 – MILE MARKER SPONSOR:**

Signage at mile marker 1, 2, 3, or finish line

— **\$750 – SOUP SPONSOR:**

Signage at pasta dinner and soup tent

— **\$1,000 – PASTA DINNER SPONSOR:**

Signage at dinner, race and website

— **\$2,000 – RACE TRACKING APP SPONSOR:**

Logo sent to the cell phones of runners with app, signage at pasta dinner, registration table and website.

— **\$3,000 – GOODIE BAG SPONSOR:**

Your business name and logo printed on goodie bags for the pre-registered runners plus signage throughout the event and on website.

— **\$6,000 – T-SHIRT SPONSOR:**

Your business name and Logo printed prominently on shirts for all pre-registered runners plus signage throughout the event and on website.

Name of Business \_\_\_\_\_

Contact Information: \_\_\_\_\_

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Please mail this form to:

**St. Hugh Project HOPE,**  
**PO Box 186,**  
**Centerport, NY 11721**

Visit us at [www.projecthopeny.org](http://www.projecthopeny.org)

or contact us at [projecthopeny@gmail.com](mailto:projecthopeny@gmail.com)

\*501(c)(3) fully tax-deductible to the greatest extent of the law

LITTLE COW HARBOR

# 4 Mile Run For Hope & Soup!

(we're the run that gives out soup at the finish!!)

SPONSORED BY

*The Tonna Family*

**Saturday, March 3, 2018**

(rain or shine)

Please bring a non-perishable food item to support the St. Hugh's Food Pantry

**4 Mile Run/Walk 9:00 AM**

**Kids Fun Run (1/2 Mile)  
8:30 AM**

**2 Oldfield Road  
Greenlawn, NY 11740**

[www.runsignup.com](http://www.runsignup.com) [www.projecthopeny.org](http://www.projecthopeny.org)

## OFFICIAL ENTRY FORM:

Each participant must complete an Entry Form. Duplicate this form or download additional forms at [www.projecthopeny.org](http://www.projecthopeny.org) or register online at [www.runsignup.com](http://www.runsignup.com)

Please Check

- 4 Mile Run/Walk     Male     Female  
 ½ Mile Fun Run     Male     Female  
 Wheelchair athlete     Male     Female  
 Will Attend Pasta Dinner 3/2/2018

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Age (Day of Race): \_\_\_\_\_ Birthday: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size (circle one): **XS S M L XL**

Only **pre-registered** runners are guaranteed a shirt

## ENTRY FEE:

\$25 – 4 mile Run/Walk

\$10 – Kids Fun Run (age 10 & under)

## LATE REGISTRATION:

Postmarked after 2/14/2018

or on Race/Walk Day

\$30 – 4 Mile Run/Walk

Make Checks payable to St. Hugh's Project HOPE

Total Enclosed: \$ \_\_\_\_\_

## MAIL TO:

St. Hugh Project HOPE  
P.O. Box 186  
Centerport, NY 11721

Visit us at [www.projecthopeny.org](http://www.projecthopeny.org)  
or contact us at [projecthopeny@gmail.com](mailto:projecthopeny@gmail.com)

## WAIVER:

I hereby waive and release all rights and claims I may have against St. Hugh's Church, Project HOPE, the Town of Huntington, the Harborfields School District, Oldfield Middle School, their employees and the Run/Walk Sponsors and volunteers for damages which may arise from this event. I am physically fit and have trained for this race. The applicant warrants that 'my physical condition has been verified by a licensed medical doctor.' "Furthermore, I hereby grant full permission to any and all of the foregoing to use any pictures and/or other record of this event for any purpose whatsoever." If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claims which may be asserted by or on behalf of the entrant.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## IN-PERSON REGISTRATION & NUMBER PICK UP:

In-person registration, number/shirt pick up and FREE pasta dinner on Friday March 2nd from 7:00-8:30 PM at

**St. Hugh's Parish Center**  
**1450 New York Avenue**  
**Huntington Station, NY 11746**

## DAY OF REGISTRATION & NUMBER PICK UP:

Day of Registration and number/shirt pick up is from 7:00-8:15 AM at Oldfield Middle School gymnasium.

No numbers issued after 8:30 AM.

## AWARDS:

Top 3 Male overall, Top 3 Female overall

Top 3 Male and Female finishers in each of our listed age groups

Each child in the Kids Fun Run receives a medal.

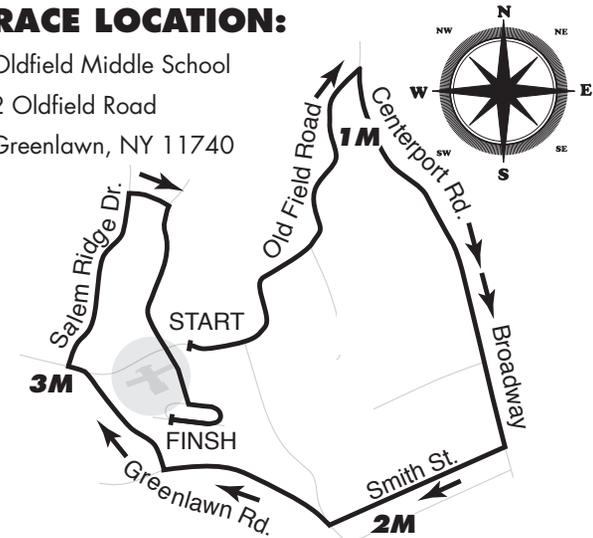


## AGE CATEGORIES:

12 & Under	35 - 39	65 - 69
13 - 15	40 - 44	70 - 74
16 - 19	45 - 49	75 - 79
20 - 24	50 - 54	80 - 84
25 - 29	55 - 59	85+
30 - 34	60 - 64	

## RACE LOCATION:

Oldfield Middle School  
2 Oldfield Road  
Greenlawn, NY 11740



## 4 MILE ROUTE:

**START:** Front of Oldfield Middle School on Oldfield Road. Right onto Centerport Road. Right onto Smith Street. Right onto Greenlawn Road. Right onto Salem Ridge Drive. Right onto Agwam Road. Right onto Renwick Ave. Left onto Oldfield Road. **FINISH:** driveway of Oldfield Middle School.

## KIDS FUN RUN:

½ mile: Meet in parking lot in front of the school

## RULES OF COMPETITION:

For the safety of all participants and to satisfy insurance requirements, no skates, baby strollers, baby joggers, or animals permitted on course. No refunds will be issued in the event of cancellation due to inclement weather.

Visit: [www.start2finish.com](http://www.start2finish.com)

## OFFICIAL RACE RESULTS POSTED ON

[www.start2finish.com](http://www.start2finish.com)

Racejoy - Runner's Tracking App available