Dear Teachers, Families and Students,

Thank you for taking the time to learn more about the Hance Family Foundation’s Annual 5K Run/Walk! This race honors the memories of Emma, Alyson & Katie Hance. It is about celebrating their lives and sharing their love with a fun and family-friendly race. The full day event raises crucial funds to support the foundation’s pioneering program, Beautiful Me.

Chances are, you or someone in your school/site have benefitted from Beautiful Me, our self-esteem program. Beautiful Me is designed to educate females by promoting appreciation for their genuine qualities, accurate self-awareness, and the satisfaction of helping others. We are humbly asking for your assistance to help Beautiful Me continue for years to come and expand nationally, and even internationally.

Join us for our biggest fundraiser of the year, the Annual Beautiful Me 5k Run/Walk on May 16, 2020! Traditionally, participants create teams that support one another and become fundraisers for the race. We are hoping you will consider doing this as well.

**Trophies are given out for:**
- Team Spirit
- Highest Fundraising Team
- Largest Beautiful Me Team
- Most Unique Beautiful Me Team

**The best way to get started is:**
1. Create a team
2. Choose a team captain
3. Register online to create your own fundraising page
4. Share with friends, family members & social media

Most importantly, have fun! We love seeing teams smiling and laughing (and proudly wearing team costumes and shirts)! Visit beautifulme.org for more information. Thank you in advance and happy running!

Sincerely,
Jackie & Warren Hance
FUNDRAISING For Your Beautiful Me Team

Congratulations, your team is registered!

Now what? Don’t worry - it’s easy!
1. Choose a captain and a team name.
2. Recruit team members.
3. Each team member must register for the race online. Don’t forget to add your team name! (Teams with 10 or more members will receive a special giveaway!)
4. Fundraise! Tell your friends & family about our cause. Collecting funds is easy! Share your fundraising page with family, friends and social media - no need to handle cash or checks!
5. Have fun! Team Spirit, Highest Fundraising Team, Largest Beautiful Me Team & Most Unique Beautiful Me Team
6. Want to fundraise but not run? - there’s an option for that on runsignup.com as well!

Captain of your Beautiful Me 5K team:

Now what? Don’t worry - it’s easy!
1. Choose a team name.
2. Go to www.runsignup.com and search for Hance Family Foundation.
3. Use the ‘Team Tab’ on the blue left side column to set up your team name.
4. When prompted, choose ‘Become a Fundraiser’ - link your fundraiser status to your team (using drop down menu if needed).
5. Spread the good word! Let your team members know they are ready to go! Encourage them to fundraise, create their own pages, and share them as well!

Have fun, come run or walk!
Join us on May 16 for a stellar, beautiful event!

TOGETHER, WE ARE BEAUTIFUL!
How do I get my race swag?

Pre-Race Check In: In-person registration & shirt pick up:
Friday, May 15, 2020, 12:00pm - 4:00pm & 6:00pm - 9:00 pm at the Floral Park Recreation Center (Pool Building), 2 Pool & Garage Road
(GPS Address 124 Stewart Street, Floral Park, NY, 11001)

Race Day Check In: Race day registration:
Saturday, May 16, 2020, 7:15am-8:45am at the Floral Park Centennial Gardens, 251 Floral Parkway, Floral Park, NY 11001.
No numbers will be given out after 8:45am race day.

Can I park at the race?
The surrounding area has plenty of on-street parking. Try to park EAST of the course, as some streets to the west will be closed for the race.

Can I take mass transit?
Floral Park LIRR station is approximately 1 mile from the race. There is a taxi station located at street level as well.

What are the age groups for timing awards?
Emma’s Mile: Top ten finishers, Female & Male for age 13 and under.
5K: Female and male awards given to the following:
Top finisher overall
Top finisher Floral Park Resident

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Female</th>
<th>Male</th>
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<tbody>
<tr>
<td>13 and under</td>
<td>30 to 34</td>
<td>55 to 59</td>
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<tr>
<td>14 to 16</td>
<td>35 to 39</td>
<td>60 to 64</td>
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<td>17 to 19</td>
<td>40 to 44</td>
<td>65 to 69</td>
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<tr>
<td>20 to 24</td>
<td>45 to 49</td>
<td>70 and above</td>
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<td>25 to 29</td>
<td>50 to 54</td>
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Additional trophies given for:

- Team Spirit
- Highest Fundraising Team
- Largest Beautiful Me Team
- Most Unique Beautiful Me Team

How is timing done for this race?
To ensure a safe send-off, there will be pace markers and corrals set up for the 5K line-up, as necessary. Your race bib is digitally tagged, so your time will be recorded from start mat-to-finish mat. This means that even if you begin far back in line, your OFFICIAL time will not begin until you cross the starting line.

Can I run with a stroller?
Yes, you may participate with a stroller. However, we do ask you to keep in mind that many runners race this event competitively. In addition, remember that this event has high numbers of participants and the race field can be crowded. Strollers can be a tripping hazard. For the safety and comfort of other participants, we require people with strollers to line up at the back of the racing field of participants. Proceed with caution so that no participant is injured during the race as a result of your stroller.

Can I run with my dog?
Participating with your dog in the race is a possibility. However, we do have some requirements:

- There is quite a bit of commotion at events such as this. Before bringing your dog to an event like this, please ask yourself if he/she can handle crowds like this.

- If the previous answer is yes, we next ask you to keep in mind that many runners race this event competitively. For the safety and comfort of other participants, we require dogs to line up at the back of the racing field of participants. Proceed with caution so that neither your animal, nor any of the participants are injured during the race as a result of your dog’s attendance. Also, please be advised that dogs are not allowed inside the Gardens at any time during the event. The race takes place outside the gardens, but awards are presented inside later in the morning.