

33rd Annual

LONG ISLAND 5 KILOMETER WOMEN'S RUN/WALK

Saturday, July 9, 2016 • 8:30 AM

Little Women's 1/4-Mile Fun Run for Future Olympians Under 12 • 8:00 AM

Judged Racewalk 8:35 AM

Farmingdale High School, 200 Woodward Parkway Farmingdale, NY



JOHN VENDITTO
TOWN SUPERVISOR



Giant Raffle Top Prize!
\$2500 Diamond earrings courtesy of Mayfair Jewelers.
You must be present at the drawing to win.

COURSE

- 5 kilometers (3.107 miles) through the tree lined streets of beautiful Farmingdale.
- Starts and finishes at Farmingdale High School, finishing at the track.
- Two water stations.
- Splits every mile.

REGISTRATION AND NUMBER PICK-UP

Pre-registration through July 8- 5K: \$25.00

\$22.00 for GLIRC Members

50% discount for entrants under 16 registered by July 8

Post-registration on day of race: 5K: \$30.00

Online Registration at www.glirc.org closes July 7 at 5:00 PM

Friday July 8th, 12:00 to 6:00 at the Runner's Edge, 242 Main Street, Farmingdale

Day of race (July 9th) at the Farmingdale High School Track : 6:30am-8:15am

Race Director: Debbie Blair (516) 349-7646
email: deborah.blair1@gmail.com

FUN RUN FREE!

Computerized scoring and results by JustFinish.net using the RFID Timing system with the chip built right into the bib number.

DIRECTIONS

From Southern State Pkwy: Exit 28A North (Route 135) to Hempstead Turnpike (Route 24) eastbound; turn right onto Merritts Road, go about 3/4 mile and turn left onto Motor Parkway, go about 3/4 mile and turn right onto Woodward

Parkway. Woodward Parkway ends at the Farmingdale High School Track.

From LI: From Long Island Expressway: Exit 44 South(Route 135) to Hempstead Turnpike (Route 24) eastbound, then follow directions above.

From Manhattan: Coordinated train pick up Penn. Sta. - Farmingdale and return drop off available. For information call (516) 349-7646.

AWARDS

Runner's Edge Overall Awards

1st Place Overall.....\$500

2nd Place Overall.....\$250

3rd Place Overall.....\$150

Age group first place 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 plus \$100 each

1st Athena 140-159.....\$100

1st Athena 160+.....\$100

Race Walk: \$100, \$75, \$50

Cash awards available to US Citizens or permanent residents of Long Island only. (No duplication of cash awards)

Trophy awards to top five 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, 70-74,

75-79, 80 plus,

Athena 140-159 lbs. and 160+ lbs.

Paula Wunderlich Memorial Award to the first member of the Greater Long Island Running Club to cross the finish line.

- Top Quality technical shirts to every 5K entrant

- Medals to Fun Run Finishers

- Giant Post-Race Merchandise Giveaway featuring grand prize of \$2,500 value diamond earrings courtesy of Mayfair Jewelers

- Great Post-Race Refreshments; ice cream and everything!
- Free Post-Race Massage
- Computerized scoring and results byJustFinish.net

Proceeds to benefit The Opening Word, an education program for poor uneducated women, aimed at giving them the tools they need to become productive members of society.

The
OPENING WORD



The Runner's Edge Long Island Women's Run is the USATF-Long Island Women's 5 Kilometer Championship race for 2016, and a proud participant in the 2016 USATF-Long Island Grand Prix of road races.

PRESENTED BY



MAYFAIR
diamonds & fine jewelry

Register online at WWW.GLIRC.ORG

Runner's Edge 5k Women's Run • July 9, 2016 • Mail to GLIRC, 101 Dupont Street, Suite 24 Plainview, NY 11803

Make checks payable to GLIRC

First Name _____ Last Name _____

Address _____ Phone # () _____ email _____

Town _____ State _____ Zip _____

Age (on race date) _____ Date of Birth: ____/____/____ Special Category _____

Wheelchair? _____ Racewalk? _____ Athena? _____ Weight: (circle one) 140-159 lbs 160+ lbs. Fun Run _____

Shirt Size _____ Yes - I am a GLIRC member _____

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 THE GREATER LONG ISLAND RUNNING CLUB, THE COUNTY OF NASSAU, THE FARMINGDALE SCHOOL DISTRICT, THE TOWN OF OYSTER BAY, Just Finish, Inc., all race sponsors, the Farmingdale 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: _____