

Caumsett Park

50K Championship & GLIRC 25K Run

SUNDAY, MARCH 5, 2017

50K at 8:30 am • 25K at 8:35 am

Your 26.2 mile split in the 50K will be a 2018 Boston Qualifier, but ONLY if you complete the full 50K distance.

Sanctioned by USATF-Long Island Association | Directed by Carl Grossbard



COURSE: Certified 5 kilometer loop on a paved path through Caumsett State Historic Park. This race will give you the chance to explore this beautiful park with outstanding scenic views overlooking Long Island Sound.

SPECIAL-RACE INSTRUCTIONS: 50K starts at 8:30am; 25K starts at 8:35am, Race Course officially closes at 3:30 PM (7 hours max.)

QUALITY Shirts for all pre-registered AND day-of-race entrants. Medals to ALL finishers.

50K AWARDS: Cash Prizes – \$200; \$150; \$100 for top three Male & Female Overall and Masters finishers. (No duplication of Cash Awards, except Course and National Record Bonus Awards). Medals to top ten OA Male & Female USATF finishers and to top three in five year age groups over 40, USATF members only.

25K AWARDS: \$100 Gift Certificates courtesy of the Super Runner's Shop to the top five male & female finishers Overall; medals to top Male & Female Overall and top three Male & Female finishers in 5 year age groups.

\$1000 Bonus if the first male 50K finisher breaks Zachary Ornelas' race record of 2:52:16 or if the first 50K female finisher breaks Emily Harrison's race record of 3:15:00. \$1500 bonus if the first male 50K finisher breaks Josh Cox's USATF National 50K record of 2:43:45 or if the first female 50K finisher breaks Janice Klecker's USATF National 50K record of 3:13:51.

YOU MUST BE A USATF MEMBER AND A UNITED STATES CITIZEN TO BE ELIGIBLE FOR A CASH AWARD!

NOTE: Athletes may be subject to Drug Testing in accordance with USATF rules and IAAF Rule 144.

CHECK-IN/REGISTRATION: Sunday March 5, in a heated tent near the Winter Cottage in Caumsett Park from 7:00 AM to 8:15 AM. NO PARKING AT THE WINTER COTTAGE. Please use the main parking lot.

EARLY PICK UP: 12 to 5:00 PM Saturday, March 4th at Super Runners Shop, 353 New York Ave, Huntington, NY



FACILITIES: Come dressed to run. Bathrooms at start/finish area and midpoint of loop available for duration of run. **NYS regulations do not permit pets in State Parks!**

AID STATION: One Station per loop providing water, sports drink and food snacks. Second aid station (fluids only) at the halfway point of each loop.

TIMING & SCORING: JMS Racing Services using RFID Ultra Timing System with chip in the bib.

DIRECTIONS: Take the Long Island Expressway to Exit 49 North (Rte 110). Head north on Rte 110 passing Walt Whitman Mall and crossing Jericho Tpk to Main Street (Rte 25A) in Huntington, approx 6.5 miles. Left on Main Street for 1/4 mile; right on West Neck Road. Stay on W. Neck Road for 5 miles and make left into Caumsett State Park at entrance sign. Park in lot by entrance at top of hill and walk 1/4 mile to the tent near the Winter Cottage.

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) 718-217-5477. To Cold Spring Harbor LIRR Station. We will have pickup at the Station. Check schedule for train arriving

closest to 7:15 AM.

COMING FROM OUT OF TOWN? Contact our host hotel, the Melville Marriott at (800) 228-9290 or (631) 423-1600 for the special race rate.

For more information contact Linda or Mike at the GLIRC office: (516)349-7646 or email glirc@aol.com

ENTRY FEES FOR BOTH 50K & 25K: \$60.00 preregistered; \$50.00 GLIRC member preregistered; \$65.00 day of race.

\$100 cash prize for the first male and first female Long Island resident (Nassau or Suffolk) to finish the 50K!



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Send Entry and Check (Payable to GLIRC) to: Greater Long Island Running Club/Caumsett Runs, 101 Dupont Street, Suite 24, Plainview, NY 11803
ONLINE REGISTRATION available at www.GLIRC.ORG thru midnight on March 3.

First name: _____ Last Name: _____ Male Female
 50K 25K USATF member – USATF no.: _____ GLIRC member Date of Birth _____ Age on race day: _____ Shirt Size: _____
 Address: _____ Town: _____ State: _____ Zip: _____
 Email _____ Phone: _____ Entry Fee: \$ _____

Please fill out the entry blank, read the following statement and sign below: I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Greater Long Island Running Club, USA Track & Field, JMS Racing Services, the State of New York, all Run sponsors and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any of 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 a 50 Kilometer Run or a 25 Kilometer Run, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the abovementioned organizations and individuals to use any photographs, videotapes, motion pictures, recordings or any other record of this event and my participation in this event for any purpose whatsoever. I understand that no refunds will be given in the event of the race being cancelled because of an act of God.

Signature: _____ **NOTE: YOU MUST BE AT LEAST 18 YEARS OLD TO ENTER THIS RUN**