



The 39th Annual CHAMPIONSHIP NHP-M 8K RACE

LONG ISLAND
TRACK & FIELD 2016



2 MILE FITNESS WALK -KIDS RUN Sunday, June 5th, 2016

8:30 AM 8K & FITNESS START - 8:00 AM KIDS RUN

COURSE: Denton Avenue School - 1050 Denton Ave - New Hyde Park, NY 11040

The 2016 New Hyde Park-Mineola 8K is USAT&F Certified 8K (4.97 miles) course through suburban streets of New Hyde Park. Nassau County Police traffic control. Splits every mile and 3 water stops. This is a **USAT&F-Long Island Individual and Team Championship Race** and is part of the Grand Prix Championship Series.

ENTRY FEES:

Before June 4 th	\$25
Day of Race	\$30
Anytime for 12 and under	\$15
12 & under with a registered adult	\$ 5
\$1 off all fees for members of LITF	

SPECIAL AWARDS:

Cash Awards to Male and Female Overall, Masters (40+), & Senior Grand Masters (60+)

First Place: \$75 & 2017 free race entry

Second Place: \$50 & 2017 free race entry

Third Place: \$25 & 2017 free race entry

PACKET PICKUP:

At Denton Avenue School, 1050 Denton Ave, New Hyde Park, NY 11040, Sunday, June 5th from 6:30AM until 8:00AM

AMENITIES:

8K Championship Tech Shirts (Male and Female Sizes), Kids Shirts, Pre and Post-Race refreshments, Post-Race food provided by All Round Foods, Post-race raffle including TV, iPad, gift cards, and more! Timing done by Elite Feats, Professional Announcing by Terry Bisogno

DIRECTIONS:

From North, East & West:

LIE to exit 34 (New Hyde Park Rd. South). Go 1.6 miles to Hillside Ave. Turn left (East) onto Hillside Ave., 0.6 miles to Denton Ave. Turn left (North) onto Denton Ave. The school is on the right.

From the South:

Meadowbrook Parkway to Northern State Parkway (West) bear right at the first exit "Glen Cove Rd, South, Hempstead". Turn right on Hillside Ave. 2.9 miles to Denton/Marcus Ave. Turn right. The school is on the right.

SPECIAL AWARDS (continued):

Special Awards given to the male and female finishers who reside in New Hyde Park and Mineola
Awards for 5 year age groups to 85+
Awards to All Fitness and Kid Run Finishers

INFO:

Call or email Harold Axelrod at 917.750.5992 or bcshja@msn.com or visit our website www.newhydeparkrunners.com

REGISTRATION:

NEW HYDE PARK-MINEOLA – 8K – FITNESS WALK – KIDS FUN RUN – JUNE 5, 2016

ONLINE REGISTRATION: <https://elitefeats.webconnex.com/NHP8K>

CHECKS PAYABLE TO NEW HYDE PARK-MINEOLA RUNNERS CLUB, PO BOX 20192, FLORAL PARK, NY 11002-0192

Last Name _____ First Name _____ Birth Date _____ Age _____ NHP-M School (list school) _____
 Address _____ City/Town _____ Zip _____ LITF No _____ TEAM _____
 Phone _____ Email: _____

8K Children's Run Fitness Walk Male Female Adult Shirt Size S M L XL Kids T-Shirt

I, the undersigned intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, hereby waive, release and hold harmless the towns of North Hempstead and New Hyde Park, the Nassau County Police Department, the Denton Avenue School, the Meet Directors, the New Hyde Park-Mineola Runner's Club, The Road Runner's Club of America, The Long Island Track and Field Association and all Sponsors, from any and all liabilities, claims and causes of action whatsoever arising directly or indirectly from my participation in this event even if 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. (If signed by a parent, the parent agrees to waive, release and hold harmless the above mentioned organizations and individuals from any and all in said liabilities, claims and cause of action in which may be asserted on behalf of the entrant.) I attest and verify that I am physically fit, and have sufficiently trained for the competition of these 8K, 2 mile, 1/4 mile runs and that my physical condition has been verified by a licensed medical Doctor. Further, I hereby grant permission to any and all of the above mentioned organizations and individuals to use my photographs, videotapes, motion pictures, recordings, or any other record of this event and my participation in this event for any purpose whatsoever.

Signature _____ Parent's signature (if under 18 years old) _____