











# lometer Run

**FAST ONE LOOP COURSE!** 

#### Fun Run 8:45am, Costume Parade 9:00am, 5K Run 9:30am Saturday, December 16, 2017

## **ENTRY FEE:**

Preregistered \$25.00; GLIRC Members \$20.00; 16 and under preregistered 50% discount; Day of Race \$30.00

### **SPECIAL HOLIDAY TREATS:**

Special Guest Starter: SANTA CLAUS

- Costume Parade
- Fast, flat 5K on the roads of Bethpage
- Special Holiday giveaways for all 5K registrants: commemorative sweatshirt and new this year holiday socks to all!

#### **CHECK IN:**

Numbers and Shirts may be picked up at The Runners Edge, 242 Main Street, Farmingdale on Friday, December 15th from noon to 5:00PM, or at JFK Middle School in Bethpage from 7:30 AM to 9:15 AM on the morning of the run. NO NUMBER PICK-UP AFTER 9:15 AM!

Please Bring a New Unwrapped Toy to Registration to Benefit Local Children in Need.



Portion of the Net Proceeds Donated to The Opening Word, an education program for poor uneducated women to give them the tools they need to become productive members of society

#### FREE FUN RUN 8:45 AM:

1/4 mile • For kids 12 & under • Awards to ALL

#### PARADE OF HOLIDAY COSTLINES 9:00 AM:

Come in costume and participate in our parade! Please note: For safety reasons dogs will not be allowed on the race course.

#### RAFFLE:

Great prizes donated by local merchants. 1st PRIZE - 26" FLAT SCREEN HI-DEF TV! 2nd PRIZE - TOP OF THE LINE DIGITAL CAMERA All paid entrants eligible. MUST BE PRESENT AT

AWARDS CEREMONY TO WIN.

**Overall Male and Female winners.** First three male and first three female age-group finishers: 10 and 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 & 80-84, 85 & over, plus first male & female wheelchair finisher

Mens Clydesdale Divisions: 185-199 lbs.: 200 lbs. & over

Womens Athena Divisions: 140-159 lbs.; 160 lbs.

Special award to 1st CENTIPEDE TEAM and **BEST HOLIDAY COSTUME!** 

**COMPUTERIZED TIMING** by JMS Racing Services using the RFID Ultra timing system (with the chip built into the bib number)

#### **DIRECTIONS:**

L.I.E. to Exit 44 (Route 135 South). Take Route 135 to Exit 9. Broadway Bethpage. turn right onto Cherry Avenue at the end of the Exit ramp and take an immediate left at the traffic light at the fork of the road onto Broadway. The Middle School is three blocks down on the left.

Southern State Parkway to Exit 28A North (Route 135). Take Route 135 to Exit 9, Plainview Road, Bethpage. At end of the Exit ramp make a left, at second traffic light at the fork of the road onto Broadway. The Middle School is three blocks down on the left.

Overflow parking is available at Tiny Tots and Bethpage High School.

Please do NOT park on Broadway!

# **MAIL ENTRIES TO:**

Greater Long Island Running Club 101 Dupont Street, Suite 24, Plainview, NY11803. Make Checks Payable to "GLIRC"

# **FOR MORE INFORMATION**

call Linda at the GLIRC Office (516) 349-7646

You can register online at www.glirc.org Online registration closes Dec. 15th at 8am

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Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, N.F. 1	1003
www.glirc org through December 15, 2017 at 8:00 AM	
Last Name	

Saturday, December 16, 2017 <b>Fun Run 8:45am Costume Parade 9:00am 5K Run 9:30am</b> Send entry form and check (payable to GLIRC) to: Greater Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, NY 11803  ONLINE REGISTRATION AVAILABLE AT www.glirc.org/through/December 15, 2017 at 8:00 AM	
Send entry form and check (payable to GLIRC) to: Greater Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, NY 11803	
ONLINE REGISTRATION AVAILABLE AT www.glirc org through December 15, 2017 at 8:00 AM	

First Name	Last Name	
Age (on race date)   Date of Birth://	O Male O Female O GLIRC Member   Shirt Size: O	S OM OL OXL
Special Category: O Wheelchair 🇱 Clydesdale (check one):	O Male 185-199 lbs. O Male 200+ lbs. 🗱 Athena (check one)	: O Female 140-159 lbs. O Female 160+ lbs.
Address	Town	State Zip
executors and administrators, waive and release and hold harmless the sponsors and their representatives, successors, and assigns, for any and above organizations or individuals. I attest and verify that I am physically Doctor. If signed by a parent, the parent agrees to release and hold the	Additional D.: In consideration of your accepting this entry, I the undersigned. intending Greater Long Island Running Club, JMS Racing Services, The Town of Oys all liabilities, claims, demands and causes of action whether or not arising ifit and have sufficiently trained for the completion of this event and my physabove-named organizations and personnel harmless of any claims and right any photographs, video-tapes, motion pictures, recordings. or any other new control of the completion of this event and my physabove-named organizations and personnel harmless of any claims and right and photographs, video-tapes, motion pictures, recordings.	fer Bay, the Bethpage Union Free School District, all n whole or in part out of the negligence of any of the sical condition has been verified by a licensed Medical ghts which may be asserted on behalf of the entrant.
If under 18 years old, signature of parent or guardian:		