

In Memory of Rob Lauterborn

ROB'S RUN is dedicated to the memory of Rob Lauterborn, member of the Plainview-Old Bethpage Road Runner's Club, talented runner and extraordinary human being.

Please make plans
to donate at the


Athletes for Life Blood Drive

**Sunday
Dec. 10, 2017**

Donating blood is literally giving the gift of life. Each day, our local area needs close to 2,000 people a day to roll up their sleeves to give the gift of life. There is simply no substitute for voluntarily donated blood. Without volunteer donors, our community would not have an adequate community blood supply.

For more information
call Linda at (516) 349-7646

**ROB'S RUN is the Finale of the 2017
USATF-LI Cross Country Series**



**New York
Blood Center**

25th Annual

ROB'S RUN

Cross Country 5K Race

Individual and Team Competition

and New This Year!



— INDIVIDUAL —
**CROSS COUNTRY
CHALLENGE!**



Sunday, November 26, 2017

Please Note – 2 SEPARATE STARTS!

9:00am women | 9:30am men

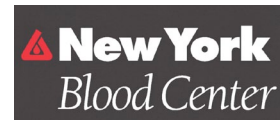
Stillwell Woods • Syosset, NY

Presented by:



A proud partner in the
2017 USATF-LI Cross Country Grand Prix

THANK YOU TO OUR GENEROUS SUPPORTERS



ROB'S RUN - INDIVIDUAL ENTRY

Send Entry 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 thru 9:00 AM on Saturday, NOV 25th.

First name: _____ Last Name: _____

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth: _____ Age on race day: _____ Male _____ Female _____ Additional Donation \$ _____

USATF-LI Member _____ GLIRC Member _____ Athletes for Life Summer Blood Drive Donor (no entry fee) _____

In consideration of accepting this entry, the signatory above, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Greater Long Island Running Club, New York Blood Center, Nassau County, the Town of Oyster Bay, the Center for Developmental Disabilities, JMS Racing Services, all event sponsors, and their agents, employees and representatives for any and all damages and injuries suffered by me in this event, whether or not caused in whole or in part by the fault or negligence of any of the above 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 condition has been verified by a licensed Medical Doctor. I hereby grant permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recording, or any other record of this event for any purpose.

Signature: _____ Date: _____

If under 18 years old, signature of parent or guardian: _____

Awards

Individual Awards

First three Male & Female overall;
first three Male & Female in age groups:
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 and over.

Team Awards

Team awards to the top three teams in each of the following categories:

- Middle School Girls
- Middle School Boys
- High School Girls
- High School Boys
- Open Female
- Open Male
- Open Co-ed (2 M & 2 F)
- Masters Female
- Masters Male
- Masters Co-ed (2 M & 2 F)
- Senior Masters Female (All age 50+)
- Senior Masters Male (All age 50+)
- Senior Masters Co-ed (2 M & 2 F; All age 50+)

Team CASH Awards* - \$200 per team stipend for the first place Men's Open, Women's Open, Men's Masters & Women's Masters Teams. NOTE: Only USATF-LI member teams are eligible for Team Cash Awards! All team members must be registered on the same USATF-LI team.

All Team Awards will be computed on the basis of "cross country scoring," i.e. by place

*Team award results will not be affected by team members starting in different waves.

CROSSFIT
PEAK DYNAMICS
— SYOSSET, NY —

INDIVIDUAL CROSS COUNTRY CHALLENGE!

CASH PRIZES!

\$250 - 1st Place Male & Female/Open & Masters

\$150 - 2nd Place Male & Female/Open & Masters

\$100 - 3rd Place Male & Female/Open & Masters

Location/Directions

Stillwell Woods is located on South Woods Road, one mile North of Jericho Turnpike (Route 25) in Syosset.

From L.I.E., Northern State or Southern State Parkway: Take Seafood-Oyster Bay Expressway (Route 135) north to Jericho Turnpike eastbound. Left onto South Woods Road. The Center for Developmental Disabilities (CDD) (site of check-in) is on your right opposite the tennis courts. Stillwell Woods is immediately next door to CDD.

Registration

Pre-Registration Fees

Individuals \$26; teams (four on a team) \$104

50% discount for pre-registered runners High School or younger. **FREE Entry for pre-registered Athletes for Life Summer Blood Drive donors!**

Day of Race Registration at CDD

Individuals \$30; teams (four on a team) \$120

Mail entries with checks payable to "GLIRC" to:

GLIRC
101 Dupont Street - Suite 24
Plainview, New York 11803

REGISTER ONLINE at www.glirc.org

Online registration closes 9:00 AM
Saturday, November 25th.

Timing and Scoring by:

JMS Racing Services, using the RFID Timing System.

Check-In:

On November 26th (day of race) from 7:15 AM to 8:45 AM at the Center for Developmental Disabilities, 72 South Woods Road in Woodbury

Every entrant will receive a SURPRISE top quality merchandise giveaway - you will love it!

PLEASE NOTE: Rob's Run is a cross country run, not a road race. Surfaces on the grass and cross country trails may be uneven. Please keep your wits about you! Headphones are strongly discouraged for the safety of all participants.

Co-Race Directors: Jim Murray & Sue Fitzpatrick
For info call (516) 349-7646

Rob's Run - Team Entry

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ONLINE REGISTRATION AVAILABLE AT www.glirc.org thru 9:00 AM on Saturday, NOV 25th.

*Team award results will not be affected by team members starting in different waves.

Category (check one) ☐ Middle School Girls ☐ Middle School Boys ☐ High School Girls ☐ High School Boys ☐ Open Female ☐ Open Male

☐ Open Co-ed ☐ Masters Female ☐ Masters Male ☐ Masters Co-ed ☐ Senior Masters Female ☐ Senior Masters Male ☐ Senior Masters Co-ed

TEAM NAME:

NAME OF RUNNER #1:

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth _____ Age on race day: _____ Male _____ Female _____ Additional Donation \$ _____

Signature (Parent if entrant is under age 18): _____ Date: _____

NAME OF RUNNER #2:

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth _____ Age on race day: _____ Male _____ Female _____ Additional Donation \$ _____

Signature (Parent if entrant is under age 18): _____ Date: _____

NAME OF RUNNER #3:

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth _____ Age on race day: _____ Male _____ Female _____ Additional Donation \$ _____

Signature (Parent if entrant is under age 18): _____ Date: _____

NAME OF RUNNER #4:

Address: _____ Town: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Date of Birth _____ Age on race day: _____ Male _____ Female _____ Additional Donation \$ _____

Signature (Parent if entrant is under age 18): _____ Date: _____

In consideration of accepting this entry, the signatory above, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Greater Long Island Running Club, New York Blood Center, Nassau County, the Town of Oyster Bay, the Center for Developmental Disabilities, JMS Racing Services, all event sponsors, and their agents, employees and representatives for any and all damages and injuries suffered by me in this event, whether or not caused in whole or in part by the fault or negligence of any of the above 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 condition has been verified by a licensed Medical Doctor. I hereby grant permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recording, or any other record of this event for any purpose.