

Town Supervisor John Venditto



www.gliirc.org
101 Dupont St Suite 24.
Plainview, NY 11803



Town Supervisor
John Venditto

26th Annual

Long Island 5 Kilometer Women's Run/Walk

A Celebration of Women Runners
Saturday, July 18, 2009
9:00 AM

Woodward Parkway Elementary School
Farmingdale, NY

Little Women's ¹/₄-Mile Fun Run
for Future Olympians Under 12
8:20 AM

Judged Racewalk 9:05 AM

Proceeds to benefit
Long Island OCEANS
and the battle against
Ovarian Cancer and Island
Harvest, the largest hunger
relief agency on Long Island.

NON-PROFIT
U.S. Postage
PAID
Hicksville, N.Y.
11801
PERMIT NO. 22

AWARDS

1st Place Overall	\$750	6th Place Overall.....	\$300
2nd Place Overall.....	\$500	7th Place Overall.....	\$250
3rd Place Overall	\$450	8th Place Overall.....	\$200
4th Place Overall	\$400	9th Place Overall.....	\$175
5th Place Overall	\$350	10th Place Overall.....	\$150
1st Place Master	\$350		
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+..... \$100 each.			
1st Athena 140-159.....	\$100		
1st Athena 160+.....	\$100		
Runner's Edge Race Walk: Open - \$225, \$125, \$75, \$50, \$25			
Runner's Edge Race Walk: Masters: \$225, \$125, \$75, \$50, \$25			
Cash awards available to US Citizens only.			

(No duplication of cash awards)

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+ Athena 140-159 lbs. and 160+ lbs.

Special awards to top five finishers who are ovarian or GYN cancer survivors.

Special awards to top Arrow Exterminating employee finishers.

Special awards to top five finishers who are doing their first 5K event.

- **Top Quality technical shirts to every 5K entrant.**
- **Medals to all Fun Run Finishers**
- **Giant Post-Race Merchandise Giveaway.**
- **Great Post-Race Refreshments.**
- **Free Post-Race Massage.**

COURSE

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

REGISTRATION

Pre-registration through July 10

5K: \$21.00;

\$18.00 for GLIRC Members

50% discount for entrants under 16 registered by July 10

Late registration: July 11 thru July 17 - \$22.00

Post-registration on day of race: 5K: \$25.00

FUN RUN FREE!

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. School is about a mile on your right.

From LIE: 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.

Registration and number pick-up:

Friday July 17th, 12:00 to 6:00 at the Runner's Edge,

242 Main Street, Farmingdale.

Day of race (July 18th) at the Woodward Parkway

Elementary School : 7:00am-8:45am

Race Director:

Debbie Blair – (516) 349-7646

email: fitgal39@aol.com

• **Computerized scoring and results SuperRace Systems using Chronotrack.**

Donations of canned or packaged goods for Island Harvest gratefully accepted at the Race.

SPONSORS



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register online at
WWW.GLIRC.ORG

5k Women's Run • July 18, 2009 • 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 _____

Arrow Exterminating Company Employee?: _____ OV/GYN Cancer Survivor? _____ Additional contribution _____

Shirt Size _____ Yes, this is my first 5K event! _____ Yes - I am a GLIRC member _____ email _____

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 VILLAGE OF FARMINGDALE, THE TOWN OF OYSTER BAY, SuperRace systems, all race sponsors, the police and volunteer fire departments of Farmingdale and their representatives, successors, and 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: _____