

RUNNER'S EDGE

3 by 2 MILE TRAIL RELAY

The GREATER LONG ISLAND RUNNING CLUB and the RUNNER'S EDGE cordially invite you to participate in the 14th annual running of our 3 runner x 2 mile Trail Relay at BETHPAGE STATE PARK

SATURDAY FEBRUARY 18, 2012 at 10:00 AM
COMMEMORATIVE T SHIRT TO EVERY PARTICIPANT!

CHECK-IN: 9:00 AM to 9:45 AM

LOCATION: BETHPAGE STATE PARK IN THE PICNIC AREA

DIRECTIONS: Seaford - Oyster Bay Expressway (Rte 135) to Exit 8. If coming south on 135, make a Left at the Stop Sign and then make a Left into the Park at the Sign that says Bethpage Park Picnic Area. (If coming North on 135, make a Right at the Stop Sign). Take the Park Road to the End. DO NOT PARK AT THE POLO FIELD.

ENTRY FEE: * \$5 for GLIRC Members who preregister

* \$10 per runner to non-members and day-of-race GLIRC member entries

PRE-ENTRY: Fill out the Enclosed Application and Send to GLIRC, 101 Dupont St, Suite 24, Plainview NY 11803, or bring it with you on the day of the Relay. **IF YOU NEED A TEAM, WE WILL TRY AND FIND ONE FOR YOU**

AWARDS: CASH PRIZES TO FIRST PLACE MEN'S, WOMEN'S AND MIXED: OPEN, MASTERS AND SENIOR MASTERS (Age 50+) TEAMS

RAFFLES: Lots of great raffle prizes - you must be present at drawing to win!

FOOD: SOME OF THE BEST REFRESHMENTS AROUND. TWO KINDS OF HEARTY & DELICIOUS HOT SOUP, MUFFINS, COOKIES, CAKES & HOT COCOA

QUESTIONS?: Contact the GLIRC Office at (516) 349-7646
Relay Director: *Carl Grossbard*

RUNNER'S EDGE TRAIL RELAY TEAM ENTRY

NAME OF TEAM _____

TEAM CATEGORY:

MEN'S OPEN _____ WOMEN'S OPEN _____ MIXED OPEN _____

MEN'S MASTERS _____ WOMEN'S MASTERS _____ MIXED MASTERS _____

MEN'S SENIOR MASTERS _____ WOMEN'S SENIOR MASTERS _____ MIXED SR MASTERS _____

**OPTIONAL CONTRIBUTION TO
CENTER FOR DEVELOPMENTAL DISABILITIES \$ _____**

RUNNERS NAME

ADDRESS/TOWN/ZIP

1. _____
2. _____
3. _____

SEND APPLICATIONS TO GLIRC, 101 DUPONT ST, SUITE 24, PLAINVIEW NY 11803

RULES

1. RELAY TEAMS WILL CONSIST OF THREE RUNNERS PER TEAM. EACH RUNNER WILL RUN A 2 MILE LEG.

2. ALL TEAMS MUST REGISTER IN ONE OF THE CATEGORIES LISTED BELOW:
TEAM CATEGORIES.

MEN'S OPEN	3 MALE RUNNERS, ANY AGE.
WOMEN'S OPEN	3 FEMALE RUNNERS, ANY AGE
MIXED OPEN	3 MEMBERS WITH AT LEAST ONE WOMAN, ANY AGE.
MEN'S MASTERS	3 MEN, ALL 40 AND OVER.
WOMEN'S MASTERS	3 WOMEN, ALL 40 AND OVER.
MIXED MASTERS	3 MEMBERS WITH AT LEAST ONE WOMAN, ALL 40 AND OVER.
MEN'S SENIOR MASTERS	3 MEN, ALL 50 AND OVER
WOMEN'S SENIOR MASTERS	3 WOMEN, ALL 50 AND OVER
MIXED SENIOR MASTERS	3 MEMBERS WITH AT LEAST ONE WOMAN, ALL 50 AND OVER

3. **A RUNNER MAY RUN ON MORE THAN ONE TEAM BUT NO RUNNER MAY RUN MORE THAN ONE LEG ON THE SAME 3 PERSON TEAM.**

TEAM CAPTAINS: PLEASE FILL OUT THE TEAM FORM WITH THE TEAM NAME & NAMES OF EACH TEAM MEMBER.

PLEASE NOTE: **YOU** ARE RESPONSIBLE FOR GETTING YOUR TEAM MEMBERS TO THE STARTING LINE FOR THE START OF THE RUN AND FOR THE START OF EACH SUCCEEDING LEG.