

The Greater Long Island Running Club in conjunction with the Town of Oyster Bay presents the  
**33<sup>rd</sup> Annual**



**Nationwide** THE WISZOWATY AGENCY  
MASSAPEQUA PARK, NY



**JOHN VENDITTO**  
TOWN SUPERVISOR



# 10 KILOMETER RUN FOR ASPIRE

IN MEMORY OF STAN KRAMBERG

**SATURDAY, MARCH 27, 2010**

**H.B. Mattlin Middle School, Plainview NY**

FUN RUN- 8:15 AM    10K RUN -9:00 AM



### DIRECTIONS

FROM L.I.E.: Exit 46 (Sunnyside Blvd.) South to Manetto Hill Road, left on Manetto Hill Road, about one mile to the left (just past Mid Island Y) onto Washington Avenue. Mattlin is about 1/4 mile on the right.

FROM SOUTHERN STATE PARKWAY: Seaford-Oyster Bay Expressway (Route 135) north to Plainview Road. Proceed on Plainview Road about one mile, across Old Country Road where it becomes Manetto Hill Road. Take the first right after crossing Old Country Road onto Washington Avenue. Mattlin is about 1/4 mile on the right.

Park in the "Y" parking lot across Washington Avenue from Mattlin.  
(Please do not litter the parking lot!)

### COURSE

USATF Certified 10K (6.2 miles) through suburban streets and rolling countryside

### COURSE RECORDS

Men - 30:27, Pat Petersen, 1988; Women - 34:55, Angela Hearn, 1989

### USATF - LONG ISLAND CHAMPIONSHIP

USATF - Long Island Championship

The 2010 Run for ASPIRE is part of the USATF-LI Grand Prix, and serves as the 2010 10K Championship of the Long Island Association of USATF

### ENTRY FEES

**10K Run**  
\$20 Pre-registered  
\$17 Pre-registered GLIRC member  
50% Discount age 16 & under  
IF Preregistered  
\$25 Day-of-race

**Fun Run**  
\$7 Pre-registered  
\$8 Day-of-race

### PACKET PICKUP

**Friday, March 26:** Noon-5:00 PM at The Runner's Edge, 242 Main Street, Farmingdale

**Saturday, March 27:** 7:15 AM - 8:45 AM at the Mattlin Middle School

### AMENITIES

\*Top quality classic "Run for ASPIRE" long sleeve shirt to all 10K entrants; special children's T shirts to all fun run entrants. (Shirts provided by SOUTH SHORE OUTDOOR)

\*\*Great Post-race refreshments

\*\*\*Post-race drawing for dozens of great prizes! You must be present to win

\*\*\*\*Timing by JMS RACING SERVICES using the IPICO Sports Dual Frequency Timing System (Results available within 24 hours at glirc.org & pigmantri.com)  
\*\*\*\*\*FREE post-race massage

### AWARDS

"ASPIRE trophy" plus a Pair of Mizuno USA running shoes to the top Male and Female OA finishers and top Male and Female Masters finishers

\$500 Cash Prize if the OA Male or OA Female winner sets new course record

Trophies to top 3 M & F in Age Groups: 14 and under, 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 plus  
Special awards for oldest Male finisher and oldest Female finisher

Trophies to top 3 M & F Wheelchair athletes

Trophies to top 3 Male Clydesdales 185-199 pounds and 200 plus pounds, and to top 3 Female Athenas 140-159 pounds and 160 pounds plus

Special Awards to trophies to first Male and first Female AK and BK amputees

Special medals to all Fun Run finishers

**RACE DIRECTOR: Bob Windorf**  
**FOR MORE INFO: (516) 349-7646**

**REGISTER ONLINE at [www.GLIRC.org](http://www.GLIRC.org)**

Nationwide Run for ASPIRE © March 27, 2010 © Make Checks Payable to "ASPIRE" & send to GLIRC, 101 Dupont Street, Suite 24, Plainview NY 11803

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age on race date \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male  Female  Additional Donation to ASPIRE? \_\_\_\_\_

Special Category (Circle one, if applicable) WHEELCHAIR    FUN RUN    AMPUTEE    CLYDESDALE

Clydesdale Weight Categories (if applicable) check one

Male 185-199  Male 200+  Female 140-159  Female 160+  GLIRC MEMBER?  USATF-LI MEMBER?

Telephone # ( ) \_\_\_\_\_ Email \_\_\_\_\_

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, successors and assigns, hereby waive and release and hold harmless NASSAU COUNTY, THE GREATER LONG ISLAND RUNNING CLUB, THE TOWN OF OYSTER BAY, THE PLAINVIEW-OLD BETHPAGE SCHOOL DISTRICT, JMS RACING SERVICES, ASPIRE, and all event sponsors, and their agents, employees, 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 such liabilities, claims, demands and causes of action arise in whole or in part out of the 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 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 individuals harmless of any claims and rights which might otherwise be asserted on behalf of the applicant. Further, I hereby grant permission to the Greater Long Island Running Club to use photographs, videos, and any other record of this event for any purpose whatsoever.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

If under 18 year old, signature of parent or guardian: \_\_\_\_\_