



The Greater Long Island Running Club
proudly presents the



CAUMSETT PARK 50 K
and 25 K Races

2010 USA 50 km Road Championships and USATF Long Island Association 50 km & 25 km Championships

CAUMSETT STATE HISTORIC PARK 50K RACE (31.07 Miles) & 25K RACE (15.5 Miles)

Lloyd Neck, Long Island, New York

SUNDAY MARCH 7, 2010 50K at 8:30 AM; 25K at 9:30 AM

Sanctioned by USATF - Long Island Association.

Race Director: Amy Goldstein

Carl Grossbard, Chair, USATF-LI Mountain Ultra Trail Committee

THANK YOU SUFFOLK COUNTY
LEGISLATOR JON COOPER.

THANK YOU TO THE
CHARLES COHN FOUNDATION

COURSE: Certified 2.635 mile loop on a paved path through Caumsett State
Historic Park. This race will give you the chance to explore this beautiful
park with outstanding scenic views overlooking Long Island Sound.

AID STATION: One Station per loop providing water, sports drink and food
snacks. Second (fluids only) aid station at the halfway point of each loop.

TIMING & SCORING: JMS Racing Services, Inc. Using the IPICO Sorts
Dual Frequency Timing System. You MUST wear your chip to be timed!

CHECK-IN; REGISTRATION: At the Winter Cottage in Caumsett Park from
7:00 AM to 8:15 AM for the 50K; from 8:00 AM to 9:15 AM for the 25K.
NO PARKING AT THE WINTER COTTAGE. Please park in the main Park
parking lot. FACILITIES: Come dressed to run. Bathrooms at start/finish
area and midpoint of loop available for duration of run. SORRY, but NYS
regulations do not permit pets in State Parks! PLEASE NOTE: The Winter
Cottage is only a short walk from the main Park parking lot, so we will NOT
experience the same logistical problem that we had in 2009!

SPECIAL-RACE INSTRUCTIONS:

50K starts at 8:30 AM; 25K starts at 9:30 AM, Race Course officially
closes at 4:30 PM (8 hours max.)

QUALITY Shirts for all pre-registered AND day-of-race entrants

AWARDS: 50K Cash Prizes --\$150; \$75; \$50 for top three Male and
Female Overall and Masters finishers. (No duplication of Cash Awards,
except Course and National Record Bonus Awards).

AUTO DIRECTIONS: Take the Long Island Expressway to Exit 49 North
(Rte 110). Head north on Rte 110 passing Walt Whitman Mall and crossing
Jericho Tpk to Main Street (Rte 25A) in Huntington, approx 6.5 miles. Left
on Main Street for 1/4 mile; right on West Neck Road. Stay on W. Neck
Road for 5 miles and make left into Caumsett State Park at entrance sign.
Park in lot by entrance at top of hill and walk 1/4 mile to Winter Cottage.

\$500 Bonus if the first male 50K finisher breaks Michael Wardian's race
record of 2:55:05 or if the first 50K female finisher breaks Kami Semick's
race record of 3:29:20. \$1000 bonus if the first male 50K finisher breaks
Josh Cox's USATF National 50K record of 2:47:17 or if the first female
50K finisher breaks Janice Klecker's USATF National 50K record of
3:13:51.

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) 718-
217-5477. To Cold Spring Hrbr LIRR Station. We will have pickup at the
Station. Check schedule for train arriving closest to 7:15 AM for the 50K
and closest to 8:15 AM for the 25K.

YOU MUST BE A USATF MEMBER AND A UNITED STATES CITIZEN TO
BE ELIGIBLE FOR A CASH AWARD!

NOTE: Athletes may be subject to Drug Testing in accordance with USATF
rules and IAAF Rule 144.

COMING FROM OUT OF TOWN? Contact our host Hotel, the Melville
Marriott at (800) 228-9290 or (631) 423-1600 for the special race rate.

Awards in both 50K and 25 K for all USATF age group winners. Special
Awards to all official finishers. Team Awards to top USATF Teams.

For More information CONTACT Race Director Amy Goldstein at
(516)829-0878 or theamygold@optonline.net or GLIRC at (516) 349-7646..

ENTRY FEES FOR BOTH 50K & 25K: \$40.00 (\$30.00 GLIRC members) for entries received by 2/27/10.
\$45.00 Late entry 2/28-3/6; \$50.00 day of race. PLEASE REGISTER EARLY TO AVOID LATE FEES!

ONLINE REGISTRATION IS AVAILABLE AT www.glirc.org

Send Entry and Check (Payable to GLIRC) to: Greater Long Island Running Club/Caumsett Runs
101 Dupont Street, Suite 24, Plainview, New York 11803

First name: Last Name: 50K? 25K?

Age (on race date): Date of Birth Male Female Shirt Size Email

Address: Town: State: Zip:

USATF Number USATF Team? USATF-LI Member? Phone: Entry Fee: \$

Please fill out the entry blank, read the following statement and sign below: I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Greater Long Island Running Club, the State of New York, all Run sponsors, and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any of 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 a 50 Kilometer Run or a 25 Kilometer Run, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the abovementioned organizations and individuals to use any photographs, videotapes, motion pictures, recordings or any other record of this event and my participation in this event for any purpose whatsoever.

Signature: (NOTE: You must be at least 18 years old to enter this Run)