



Join us on the scenic trails of Long Island  
for the 8<sup>th</sup> annual



# LONG ISLAND GREENBELT TRAIL RUN

50 KILOMETERS or 25 KILOMETERS

Saturday, May 8, 2010

*A challenging but fair course on the northern portion of the scenic Long Island Greenbelt Trail,  
with plentiful, well stocked aid stations.*

**YOUR CHOICE OF 50 KILOMETERS OR 25 KILOMETERS!**

**Entry Fee:**

**50K:** \$50 thru May 2 (GLIRC members \$45)  
\$55 from May 3 thru May 7: \$65 day of race  
**25K:** \$45 thru May 2 (GLIRC members \$40)  
\$50 from May 3 thru May 7: \$55 day of race

**Starting Times:**

50K: 7:30 AM  
25K: 8:30 AM



**AWARDS:** Special quality commemorative shirts for every entrant (including day of race entrants); awards for the first male and first female finisher in both the 25K and the 50K. Special merchandise award to EVERY finisher in both the 25K and 50K!  
Johnny Kenul Memorial Award to the first finisher in the 50K who is age 60 or over.

Special awards will be presented at the June GLIRC meeting to the first male and first female GLIRC member in the 50K.

THE LONG ISLAND GREENBELT TRAIL 50K IS THE 2010 USATF - LONG ISLAND 50 K TRAIL CHAMPIONSHIP RACE,

For more information, contact Race Director NICK PALAZZO, c/o GLIRC, 101 Dupont Street, Suite 24, Plainview NY 11803, call us at (516) 349-7646, or email us at [npalazzo@optonline.net](mailto:npalazzo@optonline.net).

COMPLETE INSTRUCTIONS WILL BE MAILED TO ALL ENTRANTS STARTING ON OR ABOUT APRIL 27, 2010

Visit our websites: [www.glirc.org](http://www.glirc.org) or [www.newyorkultrarunning.org](http://www.newyorkultrarunning.org)

*Remember.... You can register online at [www.glirc.org](http://www.glirc.org)*

YES - I'M READY FOR THE 2010 LONG ISLAND GREENBELT TRAIL RUN! Enclosed please find my check for \$ \_\_\_\_\_

Name: \_\_\_\_\_ Check One: 50K \_\_\_\_\_ 25K \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ email \_\_\_\_\_

Phone: \_\_\_\_\_ Age on 5/8/10 \_\_\_\_\_ Sex \_\_\_\_\_ Shirt Size \_\_\_\_\_

WAIVER: In consideration for the acceptance of this entry, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for damages I may have against the Greater Long Island Running Club, USA Track & Field, the Race Committee and any and all individual members thereof, the sponsors of the event, any and all municipalities through which the event passes, and any and all other persons and organizations in any way conducted with the Long Island Greenbelt Trail Run, and their agents and employees. I realize that running a long distance trail run can be hazardous to my health and may endanger my life and well being, and 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 or Doctor of Osteopathic medicine. Further, I hereby grant permission to the Race Committee to use any photographs, video tapes, DVDs, motion pictures, recordings and any other record of this event for any and all purposes whatsoever.

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

Mail to: Greenbelt Trail Run, c/o GLIRC, 101 Dupont Street, Suite 24, Plainview, New York 11803

**"The trails of olde Long Island are calling...."**