

Please join us for the
SEVENTH ANNUAL



and 1/4 Mile Fun Run for youngsters
12 and under TO HELP IN THE
FIGHT AGAINST CHILDHOOD
OBESITY!

Sunday

July 11, 2010

Fun Run - 8:20 AM

5K - 9:00 AM

**Plainview-Old Bethpage Middle
School**

**Southern Parkway/Central Park Rd.
Plainview, New York**

To benefit the Plainview/Syosset
Scholarship Fund for local students
considering a career in a medically
related field, and to support
community services at Plainview
and Syosset Hospitals to better
serve patients



Howard F.
Matt
D.M.D., P.C.



The Medical Staffs of
North Shore LIJ
Plainview Hospital
Syosset Hospital
North Shore Long Island Jewish Health System

*Join us for a morning of fun and
fitness....in honor of Dr. Dorit Ben-
Moha's "Regain My Life" Program to
help people on the journey to their
new life of better health*

**Plainview-Old Bethpage
Middle School
Southern Parkway/Central
Park Road
Plainview, New York**

DIRECTIONS

Long Island Expressway to Exit 44
South (Seaford-Oyster Bay
Expressway, Route 135) or Southern
State Parkway to Exit 28A North
(Seaford-Oyster Bay Expressway,
Route 135). Take Route 135 to the
Old Country Road exit, turning
eastbound at the traffic light onto
Old Country Road. Go about 1/4
mile, past the Hospital on the left,
and turn left onto Central Park
Road. The POB Middle School is at
the intersection of Central Park
Road and Southern Parkway.

**MAIL ENTRY FORM &
CHECK**

(payable to "GLIRC") to:

**Greater Long Island Running Club
101 Dupont Street, Suite 24
Plainview, New York 11803**

...or sign up online at www.glirc.org

ENTRY FEES

\$20 Pre-registered
\$17 Pre-registered GLIRC member
\$17 Pre-registered Plainview&
Syosset Hospital Employee
(50% Discount under age 16
IF preregistered)
\$25 Day-of-Race

FUN RUN:

\$7 Pre-reg; \$10 Day-of-Race

CHECK IN

Check in And packet pickup will be
at the POB Middle School, Southern
Parkway Parking Lot, from 7:15 AM
to 8:45 AM on day of race.

Register on-line at www.glirc.org

COURSE

A USATF sanctioned event over a
USATF certified course covering a
flat and pleasant 5 Kilometers
through the suburban roads of
Plainview, NY
Traffic control provided by Nassau
County Police Department

**RACE MANAGEMENT,
TIMING AND RESULTS**

Race Management by
Greater Long Island Running Club
Call (516) 349-7646 for information

Computerized scoring and timing
by Just Finish, Inc. using the new
RFID computerized chip timing
system with chips on the bib
number.

Results will be posted at
www.glirc.org

AMENITIES

Top quality technical "Heart and
Sole Run/Walk" shirts to all 5K
entrants;
Medals to all Fun Run finishers

Outstanding post-race refreshments

Giant post-race door prize drawing;
lots of prizes headed by 2 Flat
Screen HD Televisions!
(Note: You must be present to win).

AWARDS

Top Male and Female Overall and
Masters

Top 3 males and females in each of
the following age groups:

12 and under, 13-15, 16-19, 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 and over

Top Male and Female Wheelchair
Racers

Top 3 Male and female North Shore-
LIJ Health System Employees; Top 3
Male and female North Shore-LIJ
Health System Volunteer Physicians

(NO DUPLICATION OF AWARDS)

Heart & Sole 5K Run/Walk★July 11, 2010★ Mail to GLIRC, 101 Dupont Street, Suite 24, Plainview, New York 11803

First Name _____ Last Name _____

Address: _____

Town _____ State _____ Zip _____ Phone # _____

Age on Race date _____ Date of Birth ____/____/____ email address _____ 5K? _____ Fun Run? _____ Additional Contribution? _____

Special Category (check if applicable): Wheelchair _____ Plainview/Syosset Hospital Employee _____ Plainview/Syosset Hospital Volunteer Physician _____

Please complete the 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, successors and assigns, hereby waive and release and hold harmless NORTH SHORE - LIJ HEALTH SYSTEM AND ITS MEMBER HOSPITALS, THE GREATER LONG ISLAND RUNNING CLUB, JUST FINISH, INC., THE PLAINVIEW-OLD BETHPAGE CENTRAL SCHOOL DISTRICT, THE NASSAU COUNTY POLICE DEPARTMENT, 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 have been asserted on behalf of the applicant. Further, I hereby grant permission to any and all of the foregoing organizations and individuals to use photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose whatsoever.

Signature _____

Date _____

Parents Signature (if under 18 years of age) _____