

THE GREATER LONG ISLAND RUNNING CLUB  
PRESENTS THE 22nd ANNUAL

CARTER, DULUCA, FARRELL & SCHMIDT LLP

# HO HO HO HOLIDAY

## 5 KILOMETER RUN

SATURDAY, DECEMBER 19, 2009 • 9:30 AM

JOHN F. KENNEDY MIDDLE SCHOOL

Broadway — Bethpage, New York

**ENTRY FEE:**

Preregistered - Received by December 12	
GLIRC Members.....	\$16.00
Non-Members.....	\$18.00
Early registration 16 and under.....	50% discount
Late Registration Dec. 13-18 .....	\$20.00
Day of Race.....	\$25.00

**SPECIAL HOLIDAY TREATS:**

- Special Guest Starter: SANTA CLAUS • Costume Parade
- Fast, flat 5K on the roads of Bethpage
- Special Holiday **Sweatshirts** for all 5K registrants

**CHECK IN:**

Numbers and Shirts may be picked up at The Runners Edge in Farmingdale on Friday, December 18 from noon to 5:00 PM, or at JFK Middle School in Bethpage from 7:30 AM to 9:15 AM on the morning of the run. **NO NUMBER PICK-UP AFTER 9:15 AM!**

**DIRECTIONS:**

L.I.E. to Exit 44 (Route 135 South). Go south on Route 135 to Exit 9, Broadway Bethpage, turn right onto Cherry Avenue at the end of the Exit ramp and take an immediate left at the traffic light at the fork onto Broadway. The Middle School is three blocks down on the left. Overflow parking is available at former Bethpage Jewish Center lot and Bethpage High School. Please do NOT park on Broadway!

**FREE POST-RACE MASSAGE**

**MAIL ENTRIES TO:**

Greater Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, NY 11803. **Make Checks Payable to "GLIRC"**

**FOR MORE INFORMATION** call Linda at the GLIRC Office (516) 349-7646. You can register online at [www.glirc.org](http://www.glirc.org).

**AWARDS:**

Overall Male and Female winners  
First three male and first three female age-group finishers: 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 and over, plus first male and female wheelchair finisher. Clydesdale Divisions: Men: 185 to 199 lbs.; 200 lbs. and over. Women: 140 to 159 lbs.; 160 lbs. and over.

Special award to 1st CENTIPEDE team and BEST HOLIDAY COSTUME!

**FREE FUN RUN 8:45 AM:**

- 1/4 mile • For kids 10 and under
- Awards to ALL

**PARADE OF HOLIDAY COSTUMES 9:00 AM:**

Come in costume and participate in our parade!

**RAFFLE:**

- Great prizes donated by local merchants. \* FIRST PRIZE - TWENTY SIX INCH FLAT SCREEN HIGH DEFINITION TELEVISION.
  - SECOND PRIZE TOP OF THE LINE NIKON DIGITAL CAMERA.
- All paid entrants eligible • Must be present at awards ceremony to win

**COMPUTERIZED TIMING** by JMS Racing Services using the AMB timing system

Please Bring a New Unwrapped Toy to Registration to Benefit



Portion of the Net Proceeds Donated to the *The Opening Word*, an education program for poor uneducated women to give them the tools they need to become productive members of society.

Ho Ho Ho 5k • December 19, 2009 • Mail checks and entries to GLIRC, 101 Dupont Street, Suite 24, Plainview 11803

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

Age (on race date) \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_  Male  Female GLIRC Member? \_\_\_\_\_

Special Category: (Circle one, if applicable) Wheelchair

Clydesdale Weight: \_\_\_\_\_ Male 185-199 lbs. Male 200+ lbs. Female 140-159 lbs. Female 160+ lbs.

Address \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

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

Additional Donation for Charities \_\_\_\_\_

Please fill out entry blank, read the following statement and sign below: In consideration of your accepting this entry, I the undersigned, intending to be legally bound, to hereby, for myself, my heirs, executors and administrators, waive and release and hold harmless the Greater Long Island Running Club, JMS Racing Services, The Town of Oyster Bay, the Bethpage Union Free School District, all sponsors and their representatives, successors, and assigns, for any and all liabilities, claims, demands and causes of action whether or not arising 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 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 personnel harmless of any claims and rights which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever

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

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