



The Greater Long Island Running Club presents

THE THIRTEENTH ANNUAL LAZER, APTHEKER, ROSELLA & YEDID, P.C. KINGS PARK 15 KILOMETER RUN



Saturday, March 13, 2010
NEW DISCOVERY NURSERY SCHOOL
Lawrence Road, Kings Park

*Net proceeds to benefit charities
serving people whose lives are
affected by Brain tumors
and Kings Park athletic programs*

The Challenge Continues!
1/2 Mile Fun Run 8:30AM
15K starts at 9:00AM

15K ENTRY FEE:
\$20 preregistered through March 12th
\$18 Preregistered GLIRC members through March 12th
50% discount to all pre registrants 16 and under thru March 12th
\$25 Day-of-Race

FUN RUN ENTRY FEE:
\$4 Preregistered
\$5 Day-of-Race
Medals to all Fun Run participants.
NO SHIRT FOR FUN RUN

CHECK IN:
Numbers and Shirt may be picked up at THE RUNNERS EDGE
242 Main Street in Farmingdale on Friday, March 12th
from 12 Noon to 5:00 PM

Day of Race: Pickup at the New Discovery Nursery School
from 7:15 AM to 8:45 AM.
ABSOLUTELY NO PICKUP AFTER 8:45 AM

COURSE:
Scenic, *HILLY* 9.3 mile run through the beautiful – and challenging –
roads of Kings Park!

DIRECTIONS:
Take Sunken Meadow Parkway North to Route 25A eastbound. Follow 25A
through downtown Kings Park. Pass Kings Park Jewish Center on your
right, and the Post Office on your left. Lawrence Road is the light by the
High School, and the New Discovery School is about 3/8 mile to the left
from that light. Please park at the High School.

Computerized Timing by JMS Racing Services Using the
IIPICO Sports Dual Frequency Timing System. Results
available within 24 hours at glirc.org and pigmantri.com

AMENITIES:
Toilet facilities, Huge post-race raffle, super refreshments, free Massage,
splits at every mile, SIX water stops (Gatorade at the 10K Water Station)

*High Quality 13th Anniversary Commemorative
SWEAT SHIRTS to all 15 K entrants*

15K AWARDS:
Overall Male and Female Winner.....\$250
Overall Male and Female Masters Winners.....\$100
Overall Male and Female Senior Masters Winners.....\$50
Overall Male and Female Wheelchair Winners.....\$100

BONUS if Overall Male or Female Winner
Breaks COURSE RECORD.....\$100
Existing Records:
Male: Chris Mammone 49:39 2009
Female: Noni Avvetturi 59:54 2009

Awards will be presented to the first three male and female finishers in each
of the following 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 and over, and to the first
three male and female finishers in the following Clydesdale Divisions:
Men: 185-199 lbs.; 200 lbs. and over
Women: 140-159 lbs; 160 lbs. and over

A proud participant in the 2010 USATF-Long Island Grand Prix!

MAIL ENTRIES TO:
Greater Long Island Running Club
101 Dupont Street, Suite 24, Plainview NY 11803



RACE DIRECTOR: Steven Toto

FOR MORE INFO call GLIRC at (516) 349-7646

REGISTER ONLINE at www.GLIRC.org

Lazer, Aptheker, Rosella & Yedid Kings Park 15 Kilometer Run © March 13, 2010 © Make Checks Payable to "GLIRC"

First Name _____ Last Name _____

Address _____ Town _____ State _____ Zip _____

Age on race date _____ Date of Birth ____/____/____ Male Female Additional Donation to Charities? _____

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

Clydesdale Weight Categories (if applicable) check one

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

Telephone # () _____ Email _____

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 THE COUNTY OF SUFFOLK, THE GREATER LONG ISLAND RUNNING CLUB, THE KINGS PARK SCHOOL DISTRICT, JMS RACING SERVICES, the KINGS PARK VOLUNTEER FIRE 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 or Doctor of Osteopathic Medicine. 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: _____

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