



Caumsett Park

50K Championship & GLIRC 25K Run



SUNDAY, MARCH 2, 2014
50K at 8:30 AM • 25K at 9:30 AM

New this year: Your 26.2 mile split in the 50K will be a Boston Qualifier for 2015, but ONLY if you complete the full 50K distance.

Sanctioned by USATF - Long Island Association | Directed by Carl Grossbard

COURSE: Certified 5 kilometer 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.

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. Medals to ALL finishers.

AWARDS: 50K Cash Prizes – \$200; \$150; \$100 for top three Male and Female Overall and Masters finishers. (No duplication of Cash Awards, except Course and National Record Bonus Awards). Medals to top ten OA Male and Female USATF finishers in the 50K and to top three in five year age groups over 40, USATF members only.

Age group medals to top three male and female finishers in five year age groups in the 25K and top overall Male and Female.

\$1000 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 Jodie Schoppmann's race record of 3:20:12. \$1500 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.

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

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.

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

CHECK-IN; REGISTRATION:

Sunday March 2, in a heated tent near 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!

TIMING & SCORING: JMS Racing Services, Inc. using the RFID Ultra Timing System (with the chip built into the bib).

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 the tent near the Winter Cottage..

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) 718-217-5477. To Cold Spring Harbor 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.

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.

For More information CONTACT Linda or Mike at the GLIRC office: (516) 349-7646 or email spolansky@aol.com

ENTRY FEES FOR BOTH 50K & 25K:

\$50.00 (\$40.00 GLIRC members) preregistered entries.
\$55.00 day of race



\$100 cash prize
for the first male
and first female
Long Island resident
(Nassau or Suffolk)
to finish the 50K!

Caumsett Park 50K Championship & GLIRC 25K Run

Send Entry and Check (Payable to GLIRC) to: Greater Long Island Running Club/Caumsett Runs, 101 Dupont Street, Suite 24, Plainview, New York 11803
ONLINE REGISTRATION AVAILABLE AT www.glirc.org thru 9:00 AM on MARCH 1st. **NO EXTRA FEE TO REGISTER ONLINE!**

First name: _____ Last Name: _____ 50K _____ OR 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)