



The Greater Long Island Running Club
proudly presents the



CAUMSETT PARK 50 K

2008 USA 50 km Road Championships and
2008 USATF Long Island Association Championships
CAUMSETT STATE HISTORIC PARK 50K RACE (31.07 Miles)

Lloyd Neck, Long Island, New York
SUNDAY MARCH 2, 2008 8:30 AM

Sanctioned by Long Island Track & Field, Inc.
Race Director: Carl Grossbard

COURSE: Certified 2.635 mile 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.

TIMING & SCORING: JMS Racing Services, Inc. Using the AMB elite timing system. You **MUST** wear your chip to be timed!

SPECIAL-RACE INSTRUCTIONS:

Race starts at 8:30 AM, Race Course officially closes at 4:30 PM (8 hours max.) You bib number **MUST** be fully visible and centered front & back at all times!

AWARDS: Cash Prizes --\$150; \$75; \$50 for top three Male and Female Overall and Masters finishers. (No duplication of Cash Awards, except Course and National Record Bonus Awards).

\$500 Bonus if the first male finisher breaks Gregory Crowther's course record of 3:04:35 or if the first female finisher breaks Anne Lundblad's course record of 3:35:48. \$1000 bonus if the first male finisher breaks Alex Tilson's USATF National 50K record of 2:51:48 or if the first female 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!

Awards for all USATF age group winners. Special Awards to all official finishers. Team Awards to top USATF Teams.

SPECIAL PERKS: Quality shirt to each official entrant.

AWARD CEREMONY/POST RACE PARTY: The post-Race Party will start at 2:00 PM; Award Ceremony to follow.

CHECK-IN; REGISTRATION: At the Winter Cottage in Caumsett Park from 7:00 AM to 8:15 AM. **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!

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.

AUTO DIRECTIONS: Take the Long Island Expressway to Exit 49 North (Route 110). Head north on Rte 110 passing Walt Whitman Mall and crossing Jericho Turnpike 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 Winter Cottage.

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) 718-217-5477. To Cold Spring Harbor LIRR Station. We will have vans picking athletes up at the Station. Check schedule for train arriving closest to 7:15 AM.

COMING FROM OUT OF TOWN? Contact our host Hotel, the *Melville Marriott* at (800) 228-9290 or (631) 423-1600 for the special \$119 per night rate, or you can go to www.melvillemarriott.com and enter **GLIGLIA** under Group Code.

CALL GLIRC @ (516) 349-7646 for entry forms or REGISTER ONLINE @ www.newyorkultrarunning.org or www.glirc.org

ENTRY FEES: \$35.00 (\$25.00 GLIRC members) for entries received by 2/24/08. \$40.00 Late entry 2/25-3/3; \$45.00 day of race.
PLEASE REGISTER EARLY TO AVOID LATE FEES!

ONLINE REGISTRATION IS AVAILABLE AT www.glirc.org

Send Entry and Check (Payable to GLIRC) to: Greater Long Island Running Club/Caumsett 50K
101 Dupont Street, Suite 24, Plainview, New York 11803

First name: _____ Last Name: _____ Best recent 50K Time _____

Age (on race date): _____ Date of Birth _____ Male Female T Shirt Size _____ Email _____

Address: _____ Town: _____ State: _____ Zip: _____

USATF Member? _____ USATF Team? _____ LITF 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, 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)