



Saturday, October 17, 2015 • 9:00 AM • Townsend Square, Oyster Bay, NY

Town Supervisor
JOHN VENDITTO

S W C
SAHN WARD COSCHIGNANO, PLLC
ATTORNEYS AT LAW



ENTRY FEES

Pre-registered (through October 16) \$21
Pre-registered town of Oyster Bay residents \$18
(50% discount for pre-registered under age 16)
Day-of-race \$25

PACKET PICKUP

FRIDAY, OCTOBER 16

Runner's Edge, 242 Main Street,
Farmingdale, noon to 5:00 PM

SATURDAY, OCTOBER 17

Community Center, Townsend Square,
East Main Street, Oyster Bay, 7:15 AM to 8:45 AM

MAIL COMPLETED AND SIGNED APPLICATION, WITH CHECK PAYABLE TO "GLIRC" TO:

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

FOR MORE INFORMATION CALL

Diane Ramos, TOBAY Recreation (516) 797-4125
Mike Polansky, GLIRC (516) 349-7646

2014 WINNERS

Dan Gargaro 15:44
Victoria Kornieva 18:31

2014 TOWN OF OYSTER BAY WINNERS

Chris Mammone (Massapequa) 16:15
Victoria Kornieva (Massapequa Park) 18:31

AWARDS

Top 3 Male and Female Overall
First place Male & Female Town of Oyster Bay residents
Oldest & youngest Town of Oyster Bay residents
Top three Wheelchair finishers
Top 5 male and female finishers in the following age categories: 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, 80-84, and 85 plus
Top 5 clydesdales 185-199 pounds, 200 pounds plus
Top 5 athena women 140-159 pounds, 160 pounds plus

RUNNER'S EDGE LONG ISLAND CHAMPIONS CHALLENGE

Open Only to bona fide residents of either Nassau County or Suffolk County!
\$250 1st OA (Male and Female)
\$150 2nd OA (Male and Female)
\$100 3rd OA (Male and Female)

DIRECTIONS

Take L.I. Expressway to Exit 41 north; at fork bear right to stay on route 106. take 106 north into Oyster Bay. Make a right turn onto East Main street. Just past the Firehouse, make a right turn into the Townsend Square parking lot. Overflow parking is available at Oyster Bay-East Norwich High School, further east on Main Street.

HIGH QUALITY NEXT LEVEL LONG SLEEVE THERMAL TO ALL ENTRANTS!

Join us for the Run.....Bring the family and stick around afterwards for all the fun at the OYSTER FESTIVAL!

THE COURSE

A scenic 3.107 miles through Oyster Bay.

RACE ADMINISTRATION BY

- Town of Oyster Bay Department of Parks and Recreation
- The Greater Long Island Running Club
- JMS Racing Services (with the chip built right into your bib number!)
- Results available within 24 hours at glirc.org & pigmantri.com

SHIRTS AND AWARDS PROVIDED BY SOUTH SHORE OUTDOOR



Oyster Bay Town Councilman Chris Coshignano will be running the race to raise funds for Ronald McDonald House Charities and its efforts to improve the health and well being of children and their families during difficult times.

**NO ADDITIONAL FEE FOR ONLINE REGISTRATION
ONLINE REGISTRATION CLOSING AT 11:59 PM, OCTOBER 15TH**

Town of Oyster Bay Supervisor's 5 Kilometer Run • October 17, 2015 • Make checks payable to "GLIRC" • Mail to: GLIRC, 101 Dupont Street, Suite 24, Plainview NY 11803

First Name _____ Last Name _____

Address _____ State _____ Zip _____

Age on race day _____ Date of Birth ____/____/____ Sex: M _____ F _____ Phone # () _____

Clydesdale/Athena? (check here) _____ Weight Category (check one): Male 185-199 _____ Male 200 plus _____ Female 140-159 _____ Female 160 Plus _____

Wheelchair Athlete? Check here _____ Resident of Town of Oyster Bay? Check here _____ Additional contribution _____

PLEASE COMPLETE THIS ENTRY FORM, READ THE FOLLOWING STATEMENT, AND SIGN WHERE INDICATED: in consideration of your accepting this entry, I, the undersigned, intending to be legally bound, do hereby for myself, and for my heirs, executors, administrators and assigns, hereby waive, release, and hold harmless THE TOWN OF OYSTER BAY, THE GREATER LONG ISLAND RUNNING CLUB, NASSAU COUNTY, THE INCORPORATED VILLAGE OF UPPER BROOKVILLE AND THE INCORPORATED VILLAGE OF MILL NECK, JMS RACING SERVICES, all race sponsors, and their representatives, agents, employees, successors and assigns, from any and all liabilities, claims, demands and causes of action of any kind, whether or not arising in whole or in part out of the fault or negligence of any of the abovementioned 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 waive, release and hold the above organizations and individuals harmless of and from any claims and rights which otherwise might have been asserted on behalf of the entrant. Further, I hereby grant permission for the Town of Oyster Bay and the Greater Long Island Running Club to use photographs, videos, motion pictures, recording, and any other record of this event for any purpose whatsoever.

Signature _____ Date _____

If under 18 years old, signature of parent or guardian _____ Date _____