



30th Annual Ocean to Sound 50 Mile Relay and Charitable Challenge

Sunday,
September 27
8:00 a.m.
7:00 a.m. (Early Start)

Send entries to:
GLIRC
101 Dupont Street, Suite 24
Plainview, NY 11803

**Make checks payable to GLIRC*

Name of Team _____

Team Captain _____

Address _____

City, State, Zip _____

Phone _____

Email _____

CHECK TEAM CATEGORY

- Men's Open
- Women's Open
- Mixed Open (minimum 4 women)
- Men's Masters
- Women's Masters
- Mixed Masters (minimum 4 women)
- Men's Senior Masters (all 50 years old +)
- Women's Senior Masters (all 50 years old +)
- Mixed Senior Masters
- Corporate
- Law Enforcement/Firefighter
- Physically Challenged
- Running for the Leukemia & Lymphoma Society

Race Information

Entry Fee
\$400 per team if received by September 14
\$440 per team if received between September 15 and September 26.
**No day of race entries will be accepted.*

Register online at www.glirc.org.
Online registration closes at 9:00pm on September 24th.

Race packets consisting of general information and rules, a detailed course description and team roster form will be sent on or about September 10 (and thereafter upon receipt of entry form).

Teams of eight runners each will traverse a scenic course through the rolling countryside of beautiful Long Island. Each participant will run between five and seven miles.

Men's and women's open teams, men's and women's masters teams, men's and women's senior masters teams, mixed open and senior masters teams, corporate teams, law enforcement/firefighter teams, physically challenged teams, and Leukemia and Lymphoma Society teams are welcome.

Special commemorative t-shirts will be presented to each participant. Computerized timing and results at every leg by JMS Racing Services using the MyLaps Pro Chip elite timing system.

Post Race Event Information

The event includes a gala-post race party under a large tent featuring five hours of unlimited beer, wine, soda and food. There will be music and dancing. The 30th edition of the "Best Post-Race Party in the Northeast" will take place at the Theodore Roosevelt Memorial Park on the shoreline of beautiful Oyster Bay Harbor near the finish line.

Awards will be presented to each member of the top three teams in each category. "Spirit of the Relay" Award: a \$50 gift certificate to the Runner's Edge for each member of the team that best exemplifies the fun and camaraderie of the event, in memory of Stan Kramberg. The awards ceremony will take place during the party.

For information call GLIRC at (516) 349-7646.

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