

Join us on the scenic trails of Long Island for the 16<sup>th</sup> annual



# LONG ISLAND GREENBELT TRAIL RUN

50 KILOMETERS or 25 KILOMETERS

Saturday, May 11, 2019

*A challenging but fair course on the northern portion of the scenic Long Island Greenbelt Trail, starting and finishing at the Clubhouse in Plainview with plentiful, well stocked aid stations.*

**YOUR CHOICE OF 50 KILOMETERS OR 25 KILOMETERS!**

**Entry Fee:**

**50K:** \$55 thru May 6 (GLIRC members \$50)

\$60 from May 7 thru May 10; \$70 day of race

**25K:** \$50 thru May 6 (GLIRC members \$45)

\$55 from May 7 thru May 10; \$60 day of race

Please note we have an 8 ½ hour cut off for the 50K, the first loop must be completed by 11:30AM.

**AWARDS:** Special quality commemorative shirts for every entrant (including day of race entrants);

Awards in both races to 1<sup>st</sup> male and female OA and 1<sup>st</sup> M & F in the 20-29, 30-39, 40-49, 50-59 and 60+ age groups.

Johnny Kenul Memorial Award to the first finisher in the 50K who is age 60 or over. Top M & F OA and top LI finisher will receive shoes courtesy of Runner's Edge. Train pick up is available.

Early race packet pick up at the Runner's Edge, 242 Main Street, Farmingdale, Friday May 10, 2:00PM – 5:00PM

**Starting Times:**

50K: 7:30 AM

25K: 8:30 AM

**PROCEEDS GO TO HOPE FOR THE WARRIORS WHOSE MISSION IS TO ENHANCE THE QUALITY OF LIFE OF POST 9/11 SERVICE MEMBERS AND TO THE GREENBELT TRAIL CONFERENCE.**

For more information, contact Race Director NICK PALAZZO, c/o GLIRC, 101 Dupont Street, Suite 24, Plainview NY 11803, call us at (516) 349-7646, or email us at [info@glirc.org](mailto:info@glirc.org).

**COMPLETE INSTRUCTIONS WILL BE MAILED TO ALL ENTRANTS STARTING ON OR ABOUT MAY 1, 2019**

Visit our websites: [www.glirc.org](http://www.glirc.org) or [www.newyorkultrarunning.org](http://www.newyorkultrarunning.org)

**Remember....You can register online at [www.glirc.org](http://www.glirc.org). On line registration will close May 10 at 9:00am**

**YES - I'M READY FOR THE 2019 LONG ISLAND GREENBELT TRAIL RUN!** Enclosed please find my check (made out to GLIRC)

Name: \_\_\_\_\_

Check One: 50K \_\_\_\_\_

25K \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ email \_\_\_\_\_

Phone: \_\_\_\_\_ DOB \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex \_\_\_\_\_ Shirt Size \_\_\_\_\_ Extra Donation \_\_\_\_\_

**WAIVER:** In consideration for the acceptance of this entry, I the undersigned, intending to be legally bound, for myself, my heirs, executors and administrators, hereby waive and release any and all rights and claims for damages I may have against the Greater Long Island Running Club, USA Track & Field, the Race Committee and any and all individual members thereof, the sponsors of the event, any and all municipalities through which the event passes, and any and all other persons and organizations in any way connected with the Long Island Greenbelt Trail Run, and their agents and employees. I realize that running a long distance trail run can be hazardous to my health and may endanger my life and well being, and 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. Further, I hereby grant permission to the Race Committee to use any photographs, video tapes, DVDs, motion pictures, recordings and any other record of this event for any and all purposes whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Mail to: Greenbelt Trail Run, c/o GLIRC, 101 Dupont Street, Suite 24, Plainview, New York 11803**

**"The trails of olde Long Island are calling...."**