



101 Dupont Street • Suite 24 • Plainview, New York 11803 • [www.glirc.org](http://www.glirc.org)  
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April 2010

Dear Friends:

Welcome to the 2010 Long Island Greenbelt Trail 25 Kilometer and 50 Kilometer Runs. We hope that you are as excited as we are about what promises to be an exciting event on May 8th!

We hope that this letter will provide you with all you need to know in connection with the Run. But if you have any questions about any aspect of this year's Run, please feel free to call the Club's office at (516) 349-7646, or to call me directly at 631-492-0449. You can also email us at [spolansky@aol.com](mailto:spolansky@aol.com) and [npalazzo@optonline.net](mailto:npalazzo@optonline.net).

1. Numbers and shirts can be picked up on the morning of the Run, at the start/finish line at the GLIRC Clubhouse, 101-24 Dupont Street, Plainview, starting at 6:30 AM. We intend to start the 50 Kilometer Run at 7:30 AM sharp and the 25 Kilometer Run at 8:30 AM sharp. You must pick up your shirt and number no later than twenty minutes before your scheduled starting time. Both the start and finish will be directly in front of the GLIRC Clubhouse. Please note that, once you have started, you cannot change your mind about which event you are participating in. If you start at 7:30 AM, you are entered in the 50K, and cannot be eligible to score in the 25K!

2. To get to the GLIRC Clubhouse, take the Long Island Expressway to Exit 46, which is Sunnyside Boulevard in Plainview. If you are coming from the East on the L.I.E., turn right at the light at the end of the exit ramp onto Sunnyside; if you are coming from the West on the L.I.E., turn left at the light at the end of the Exit ramp onto Sunnyside and cross over the L.I.E. to the north side. Take your first right from Sunnyside onto Fairchild Avenue, and your first left from Fairchild onto Dupont Street. Take Dupont about 3/8 mile and turn right onto the unnamed cul-de-sac on which the Clubhouse is located.

3. The closest LIRR station is at Hicksville. If you are coming by train, PLEASE LET US KNOW, SO THAT WE CAN ARRANGE FOR PICKUP. The train you will need to take for the 50K leaves Penn Station at 5:51 AM, leaves Flatbush Avenue in Brooklyn at 5:51 AM, and leaves Jamaica at 6:12 AM, and arrives at Hicksville at 6:37 AM. Somebody will be there to pick you up, but we need to get an advance count, so please call us to let us know if you are coming by train!

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4. There will be no unofficial runners. Each runner's official race number must be displayed prominently on the front of your body and be easily visible at all times.

5. Each runner must complete the entire course under his or her own power to be eligible for a finisher's award.

6. Littering of any kind is absolutely prohibited, and will result in automatic disqualification!!!! Whatever you bring onto the trail with you, you must take out! Leave nothing on the trail but your footprints. We need to be "good neighbors" to those who use the trails and those who work so hard to maintain them.

7. The 50K course is a double out and back course covering the northern portion of the Long Island Greenbelt Trail. The 25K course encompasses a single out-and-back course over that same Trail. A course guide setting out all the turns, crossings and approximate distances is enclosed. We strongly suggest that you familiarize yourself with it, and you should carry it with you on the Run. The course is on the Long Island Greenbelt Trail, with white blazes designating every turn and other points along the way wherever feasible. If you travel for more than 50-60 yards without seeing a marking, you have almost certainly gone astray, and should retrace your steps. We will have course marshals at SOME particularly confusing turns, but the logistics obviously make it impossible for us to have course marshals at every turn.

**The bottom line is that it is YOUR responsibility for staying on course,  
PLEASE KEEP AWAKE!**

8. The course will close officially at 5:30 PM, ten (10) hours after the 50K start. The Race Committee reserves the right to disqualify any runner at any time if the Committee, in its sole discretion, judges that either (a) the runner will not finish by 5:30 PM, or (b) continuing to run could endanger the runner's health.

9. 50K runners may leave a "drop bag" at the start, and it will be waiting for you when you get to the trailhead turnaround at the end of the first out-and-back leg of the 50K.

10. *There is no police or other traffic control provided for this event.* There are several points where you will be leaving the Trail to cross a public road, and there are vehicles on the roads whose drivers don't have a clue that a race is going on, so please exercise your common sense and your survival skills at all times!

11. If, despite the most careful approach to the Trail, you do go off course, it is your responsibility to get back on the course at the point you left it under your own power.

12. There are aid stations spaced at approximately every three miles, at which there will be fluids and snacks. Three of the Aid Stations are Major Aid Stations, which will be fully stocked – at the Jericho Turnpike and Stillwell Woods crossings (which you will pass by out and back) and at Cold Spring Harbor on Route 25A at the end of the Trail. You must check in each time you reach each Major Aid Station. If you are not recorded, you will not be officially scored.



14. If you need to drop out, please do so at one of the Major Aid Stations, and notify the Official at that Aid Station that you are doing so.

15. Please be courteous to our volunteer race officials. Please keep in mind that without these great volunteers, there could be no race. A "THANK YOU" TO VOLUNTEERS IS ALWAYS IN ORDER! Please also be courteous to other users of the Trail, including mountain bikers, even if they sometimes neglect to follow the rules of courtesy for trail use. Slow down and use caution in passing hikers. Always give the right of way to bears and mountain lions. Your courtesy to other users of the trails will ensure that we will be allowed to use the Trail for this Run next year!

16. Every entrant in both the 25K and the 50K will receive a VERY special commemorative shirt, and every finisher in both the 25K and 50K will be presented with a commemorative merchandise award to mark their achievement. Special Awards (Gift Certificates thanks to our generous sponsor *Super Runners Shop*) will go to the first male finisher and the first female finisher of the 25K and the 50K. At the June 15 GLIRC Open Meeting, *Super Runners Shop* Gift Certificates will be presented to the first Male and female finishers who are GLIRC members (Sorry, no duplication of Gift Certificate Awards).

17. The first runner age 60 plus who crosses the finish line of the 50 Kilometer Run will be presented with the *Johnny Kenul Memorial Award* in memory of our good friend and talented ultramarathoner Johnny Kenul, who died on the course during the 2005 edition of the Run.

18. For those of you who are looking for a place to stay on the night before the Run, here are three suggestions:

Holiday Inn (closest to GLIRC Clubhouse)- Sunnyside Boulevard, Plainview (516) 349-7400 or 1-800-HOLIDAY

Best Western - Woodbury (516) 921-6900 or 1-800-800-1245

Days Inn - Hicksville (516) 433-1900 or 1-800 DAYSINN

If you have any questions, just give us a call, and we will be happy to answer them. Keep in mind that our real goals are to enjoy the trails of beautiful Long Island, to conquer the 50 Kilometer distance or the 25 Kilometer distance, and to be good sports and good neighbors! See you on May 8.

Best regards,



Nick Palazzo, Director  
Long Island Greenbelt Trail Run