NORTH FORK BANK 3 by 2 MILE TRAIL RELAY







NORTH FORK BANK, The GREATER LONG ISLAND RUNNING CLUB and the RUNNER'S EDGE cordially invite you to participate in the 11th annual running of our 3 runner x 2 mile Trail Relay at BETHPAGE STATE PARK

SUNDAY FEBRUARY 24, 2008 at 10:00 AM

SPECIAL T SHIRT TO EVERY PARTICIPANT!

CHECK-IN: 9:00 AM to 9:45 AM

LOCATION: BETHPAGE STATE PARK IN THE PICNIC AREA

DIRECTIONS: Seaford - Oyster Bay Expressway (Rte 135) to Exit 8. If coming south on 135, make a Left at the

Stop Sign and then make a Left into the Park at the Sign that says Bethpage Park Picnic Area. (If coming North on 135, make a Right at the Stop Sign). Take the Park Road to the End.

DO NOT PARK AT THE POLO FIELD.

ENTRY FEE: * FREE to GLIRC Members who preregister

* \$5 per runner to non-members and day-of-race

GLIRC member entries

PRE-ENTRY: Fill out the Enclosed Application and Send to GLIRC, 101 Dupont St, Suite 24, Plainview NY 11803,

or bring it with you on the day of the Relay. IF YOU NEED A TEAM, WE WILL TRY AND FIND

ONE FOR YOU

AWARDS: CASH PRIZES TO FIRST PLACE MEN'S, WOMEN'S AND MIXED: OPEN, MASTERS AN

SENIOR MASTERS (Age 50+) TEAMS

RAFFLES: Lots of great raffle prizes – you must be present at the drawing to win!

FOOD: SOMEOFTHEBESTREFRESHMENTSAROUND.TWOKINDSOFHEARTY&DELICIOUS

HOT SOUP, MUFFINS, COOKIES, CAKES & HOT COCOA

QUESTIONS: Contact the GLIRC Office at (516) 349-7646 for More Information.

Race Committee: Charlie Hamilton and Carl Grossbard

NORTH FORK BANK TRAIL RELAY TEAM ENTRY

NAME OF TEAM			
TEAM CATEGORY: MEN'S OPEN	WOMEN'S OPEN	MIXED OPEN	
MEN'S MASTERS	WOMEN'S MASTERS_	MIXED MASTERS	
MEN'S SENIOR MASTE	RS WOMEN'S SENIO	OR MASTERS MIXED SR MASTERS	
OPTIONAL CONTRIBUTION TO CENTER FOR DEVELOPMENTAL DISABILITIES \$			
RUNNERS NAME		ADDRESS/TOWN/ZIP	
1			
2			
3			
(If this is a preregistered en (If this is a day-of-race entr	ry, fee is \$5 for everyone - \$15	your team are FREE; non GLIRC members \$5 each)	
RULES			
1. RELAY TEAMS WIL 2 MILE LEG.	L CONSIST OF THREE I	RUNNERS PER TEAM. EACH RUNNER WILL	RUN A
TEAM CATEGORIES. MEN'S OPEN WOMEN'S OPEN MIXED OPEN MEN'S MASTERS WOMEN'S MASTERS MIXED MASTERS MEN'S SENIOR MASTE WOMEN'S SENIOR MASTE MIXED SENIOR MASTE	3 MALE RUN 3 FEMALE RUNNER 3 MEMBERS 3 MEN, ALL 40 AND 3 WOMEN, A 3 MEMBERS WITH A CRS 3 MEN, ALL 50 AND STERS 3 WOMEN, ALL 50 ERS 3 MEMBERS WITH A	WITH AT LEAST ONE WOMAN, ANY AGE. OVER. ALL 40 AND OVER. AT LEAST ONE WOMAN, ALL 40 AND OVER. OVER O AND OVER AT LEAST ONE WOMAN, ALL 50 AND OVER	ELECON.
A RUNNER MAY RUNO THE SAME 3 PERSON T		M BUT NO RUNNER MAY RUN MORETHAN ONE	ELEGON

TEAM CAPTAINS:

PLEASE FILL OUT THE TEAM FORM WITH THE TEAM NAME & NAMES OF EACH TEAM MEMBER. PLEASE NOTE: YOU ARE RESPONSIBLE FOR GETTING YOUR TEAM MEMBERS TO THE STARTING LINE FOR THE START OF THE RUN AND FOR THE START OF EACH SUCCEEDING LEG.