

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:** SOME OF THE BEST REFRESHMENTS AROUND. TWO KINDS OF HEARTY & 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

