

Join us on the scenic trails of Long Island for the 15th annual



LONG ISLAND

GREENBELT TRAIL RUN

50 KILOMETERS or 25 KILOMETERS

Saturday, May 13, 2017

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 8 (GLIRC members \$50)
\$60 from May 9 thru May 12; \$70 day of race
25K: \$50 thru May 8 (GLIRC members \$45)
\$55 from May 9 thru May 12; \$60 day of race

Starting Times:

50K: 7:30 AM
25K: 8:30 AM

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 1st male and female OA and 1st 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.

Special awards will be presented at the June GLIRC meeting to the first male and first female GLIRC member in the 50K.

Early race packet pick up at the Runner's Edge, 242 Main Street, Farmingdale, Friday May 12, 2:00PM - 5:00PM

THE LONG ISLAND GREENBELT TRAIL 50K IS THE 2017 USATF - LONG ISLAND 50 K TRAIL CHAMPIONSHIP RACE, 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 glirc@aol.com.

COMPLETE INSTRUCTIONS WILL BE MAILED TO ALL ENTRANTS STARTING ON OR ABOUT MAY 1, 2017

Visit our websites: www.glirc.org or www.newyorkultrarunning.org

Remember... You can register online at www.glirc.org. On line registration will close May 12 at 9:00am

YES - I'M READY FOR THE 2017 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: _____ 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...."