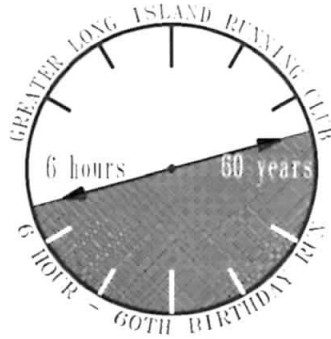


Breakfast Lunch Dinner Catering



THE FRED VON DER HEYDT MEMORIAL SIX HOUR 60TH BIRTHDAY RUN



In honor of the "Class of 1959" and Fred von der Heydt

Sunken Meadow State Park Kings Park, New York

SUNDAY, OCTOBER 20, 2019 8:30 AM

Sanctioned by USA Track & Field - Long Island Race Director: Myron Bellovin

COURSE: Scenic 2.1 mile loop, with several rolling hills and two bridge crossings, primarily on dirt paths. Runners will be switched to a 1/2 mile loop for the last laps to facilitate scoring.

CHECK-IN: Picnic area adjacent to Parking Field #4 (in start/finish area by the bathrooms).

FACILITIES: Come dressed to run. Indoor bathrooms in start/finish area, but no showers.

AID STATION: One well stocked aid station per loop, providing water, sports drinks, and a wide assortment of food snacks.

AWARDS: Awards to the three Male and three Females covering the most distance. Special Awards to the Male and Female born in 1959 who complete the most distance. Special mementoes to every runner completing more than 26.2 miles.

Computerized "Chip" timing by JMS Racing Services using the IPICO Sports Dual Frequency timing system.

A portion of the proceeds to be donated to the Nassau County Firefighters Museum

COMMEMORATIVE HIGH QUALITY APPAREL ITEM TO EVERY ENTRANT

GALA POST RACE PARTY: Lots of food and beer, starting 20 minutes after the finish of the Run - with special Birthday Surprises for those born in 1959!

AUTO DIRECTIONS: Take any major road (Southern Parkway, Northern Parkway, Long Island Expressway to Sagtikos Parkway/ Sunken Meadow Parkway NORTH. Proceed through fee booths at entrance to the Park. At bottom of hill (before the overpass), make a right turn for Parking Field #4).

Coming by Auto? Be sure to arrive at the fee booth before 8:00 AM to avoid paying the dreaded vehicle use fee!

TRANSIT DIRECTIONS: Long Island Railroad (Port Jefferson Branch) to Kings Park Station. PLEASE CHECK LIRR at 718 217-5477. A race volunteer will be at the Kings Park Station to meet whatever train is scheduled to arrive nearest to 7:40 AM. (The Station is approximately 5 minutes from the Park).

REGISTRATION AND NUMBER PICK UP: PREREGISTERED THROUGH OCTOBER 18th: \$45 for GLIRC members and those born in 1959 \$50 for all others DAY OF RACE AT SUNKEN MEADOW 7:00AM TO 8:15AM: \$60 for all

NOTE: Late entrants are not guaranteed shirts in their sizes, and runners born in 1959 must get entry in by October 1st in order to have their names appear on commemorative apparel.

Please send entry form and check (payable to GLIRC) to: Greater Long Island Running Club 101 Dupont Street Suite 24 Plainview, New York 11803

FOR ADDITIONAL INFO: GLIRC (516) 349-7646

REGISTER ONLINE at www.glirc.org ONLINE REGISTRATION WILL CLOSE FRI., OCT. 18th AT 5:00PM

This event is a proud participant in the 2019 New York Ultrarunning Grand Prix www.newyorkultrarunning.org

Registration Form 2019 6 Hour 60th Birthday Run Sunday, October 20, 2019

Mail to: Greater Long Island Running Club, 101 Dupont Street, Suite 24, Plainview, New York 11803 Make checks payable to "GLIRC"

NAME (please print): _____

Address _____

Town _____ State: _____ Zip Code: _____

Sex: M ___ F ___ Phone # _____ email address _____

Date of Birth: _____ Born in 1959? ___ Shirt Size S ___ M ___ L ___ XL ___

Amount Enclosed: _____



In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, successors and assigns, hereby waive and release and hold harmless, THE GREATER LONG ISLAND RUNNING CLUB and all individual members thereof, the STATE OF NEW YORK, JMS RACING SERVICES, . and all event sponsors, and their agents, employees, successors and assigns for any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event, even if such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above organizations or individuals. I 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. If signed by a parent, the parent agrees to release and hold the above-named organizations and individuals harmless of any claims and rights which might otherwise be asserted on behalf of the applicant. Further, I hereby grant permission to the Greater Long Island Running Club to use photographs, videos, and any other record of this event for any purpose whatsoever.

Signature: _____ Date: _____

If under 18 year old, signature of parent or guardian: _____