

50K Race in Celebration of 50 Years



June 14th, 2009 • Riverhead, NY to Selden, NY • Bus leaves Selden for Riverhead at 7 a.m.

NY Ultra Running Grand Prix Event sanctioned by L.I. Track and Field

Proceeds to benefit SCCC Athletic Scholarships

Course: Certified 50K run through Long Island's scenic terrain between Riverhead and Selden.

race refreshments and showers will be available at the Brookhaven Gym in Selden.

Race Instructions: Participants will be transported from the Brookhaven Gymnasium parking lot on the Ammerman Campus in Selden to the Eastern Campus in Riverhead via bus. Buses depart for Riverhead at 7 a.m. The race will begin at 8:15 a.m. on the Eastern Campus and will officially close at 8 p.m.

Directions: Take LIE to Exit 62. Proceed north on Nicolls Road (CR97) about 2 miles to second traffic light. Turn right at the main campus entrance. Turn right into the Brookhaven Gymnasium parking lot. Runners may also arrive via the LIRR Ronkonkoma station (train leaves Penn Station at 6:16 a.m. and Flatbush Ave at 6:12 a.m. It arrives at 7:35 a.m.). Please come dressed to run, you will be driven directly to the starting point.

Awards: Every entrant will receive a t-shirt and an award will be given out to every finisher.

Check-In Registration: Check-in at the Brookhaven Gym between 6 a.m. to 7 a.m.

Entry Fee: Entry fee is \$30, BUS and GLIRC members are \$25 if received by June 7. All entries received after June 7 are \$40. Please make check payable to and mailed to (with waiver): SCC Foundation 50K, SCCC-The Cottage, 533 College Rd., Selden, NY 11784. Fees must be received by June 7, 2009. For more details, please contact Paul Cooper at 631-451-4445 /cooperp@sunysuffolk.edu

Facilities/Aid Stations: Come dressed to run. Your bib number must be fully visible. Various public restrooms will be available throughout the course. Aid stations will also be available with water, sports drinks and snacks. Post

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ____/____/____ (must be 18; 16 or 17 if parent present) T-Shirt Size: S M L XL

Email _____ Tel (____) _____

WAIVER: "I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive, release and hold harmless Suffolk County Community College, the SCC Foundation, the County of Suffolk, their agents, employees, representatives, successors and assigns, as well as any other sponsors, their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if any of such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above-mentioned entities or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of a 50K run, that my physical condition has been verified by a licensed medical doctor and that the sponsors are under no obligation to further verify or investigate my medical condition. Further, I hereby grant permission to any and all of the sponsors to use any photographs, videotapes, motion pictures, recordings or any other records of this event and my participation in this event for any purpose whatsoever. BY SIGNING THIS, I ATTEST THAT I HAVE READ AND UNDERSTAND THIS WAIVER:

Signature _____ Date _____