

## 2018 APPLICATION

Please print

Name \_\_\_\_\_

First \_\_\_\_\_

Last \_\_\_\_\_

Age \_\_\_\_\_ Circle One: M F

Daytime phone \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

State/Zip \_\_\_\_\_

Email \_\_\_\_\_

(used for NY State Park Events only)

### MANDATORY RELEASE FORM

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to change in running surfaces, falls, contact with other participants or spectators, the effect of weather including cold, snow and ice, traffic and the conditions of the road, all such risks being known and appreciated by me. Therefore, in consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the State Park Run Series, New York State Office of Parks, Recreation and Historic Preservation, Connoisseur Media Long Island, Runner's Edge, New Living Magazine, Natural Heritage Trust, Finish Line Road Race Technicians and their representatives, successors and assigns for any and all injuries suffered by me in said event and all claim for liabilities of any kind arising out of my participation in this event though liability may arise out of the negligence or carelessness on the part of the persons named in this waiver. I attest and verify that I will participate in this event as a foot-race entrant and that I am physically fit and have sufficiently trained for the competition of this event and that my physical conditions has been verified by a licensed medical doctor. Further, I grant full permission to any and all of foregoing to use any photographs, video tapes, motion pictures, recordings or other records of this event for any legal purpose whatsoever. In the event that an act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race t-shirt for pick up at a time and place that will be announced. Athletes who participate in this competition may be subject to formal drug testing in accordance with TAC rules and IAFF Rule 55. Any athlete found positive for banned substances, or who refuses to be tested, will be disqualified from this event and will lose eligibility for future competitions. Some prescription and over-the-counter medications contain banned substances. Information regarding drugs and drug testing may be obtained by calling the USOC Drug Hot Line at 800-233-0393.

### Signature \_\_\_\_\_

(All runners must sign this release. If you are under 18, a parent or guardian must sign for you.)

## 5K WINTER RUN SCHEDULE

FUN THEMED RUNS

1/7 Heckscher .....USA Pride

1/14 Robert Moses .....Super Hero

1/21 Sunken Meadow ..... Crazy Hat

1/28 Jones Beach ..Favorite Sport Team

**All races begin promptly at 11 am**

### REGISTRATION

**Only a maximum of 1,100 full series participants will be accepted.**

**ABSOLUTELY NO EXCEPTIONS!!!**

**For your convenience  
there are 3 ways to register:**

#### By mail:

Winter Run Series  
P.O. Box 247  
Babylon, NY 11702



#### In person:

Long Island State Park Headquarters  
Belmont Ave. EXIT 37N -So.StatePkwy.,  
Babylon.  
9am - 5pm, Monday - Friday

#### Online:

For a small fee, register online for full series or single races at: flrrt.com

**Absolutely No  
Baby Joggers, Rollerbladers, Skaters,  
Bikers or Pets Are Permitted!**

### ENTRY FEE:

**Make Checks Payable to: NHT - LI  
NO REFUNDS WILL BE ISSUED IN THE  
EVENT OF CANCELLATION DUE TO  
INCLEMENT WEATHER**

**Receipt of Application  
will NOT be sent by Mail**

#### Full Series:

Individual pre-registration - \$ 40

#### Single Race:

Day of Race Registration - \$15.00 per race  
(NO GIVEAWAYS)  
Available at each race and online beginning  
the Monday prior to each race for a small fee.

### NUMBER/SHIRT PICKUP:

Pre-registration pick-up will ONLY take place  
at the State Park Headquarters.  
Therefore, you MUST pick up your shirt and  
number prior to the 1st race or  
you will forfeit all giveaway items.

## Pickup Days & Times

Thursday, Jan. 4th - Friday, Jan. 5th  
9:00 am - 7:00 pm  
and  
Saturday, Jan. 6th  
10:00 am - 1:00 pm  
at

Long Island State Park Headquarters  
Belmont Ave. EXIT 37N  
off the So. State Pkwy, Babylon

## Numbers:

You will receive a running number and a race "tag" to be worn for the entire series. You must wear the number and race "tag" assigned to you to receive the correct results. Race crew is not responsible for error due to wearing incorrect numbers or race "tag".

## Awards:

Medals will be presented to the first three male and female finishers per race, per age category.

## Age Categories:

0-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

## Long Sleeve T- Shirt and Hat:

To all FULL SERIES participants ONLY!

## Refreshments:

Beverages and snack foods will be distributed after races to only Runners wearing an official running number.

## Timing:

By Finish Line Road Race Technicians using Chronotrack Timing System.  
All runners' times will be recorded and posted following each race.  
<http://www.flrrt.com>

## Raffles:

- Must be present to win.
- In the event an awards ceremony is cancelled due to inclement weather, names will be drawn at random from race finishers and winners will be notified via mail/email.
- If a race is cancelled due to inclement weather, the raffles will be drawn at the next race.



For additional information please call (631) 321- 3510 weekdays, 9 a.m.- 5 p.m.

### Sponsored By:



Parks, Recreation and Historic Preservation



### Corporate Contributors:

CONNOISSEUR MEDIA LONG ISLAND



Long Island State Parks

WINTER



SERIES

2018



Parks, Recreation and Historic Preservation