

The Greater Long Island Running Club presents



# THE TENTH ANNUAL LAZER, APTHEKER, ROSELLA & YEDID, P.C. KINGS PARK 15 KILOMETER RUN



Saturday, March 10, 2005  
W.T. Rogers Middle School  
Old Dock Road, Kings Park

*Net proceeds to benefit charities  
serving people whose lives are  
affected by Brain tumors  
and Kings Park athletic programs*

*The Challenge Continues!  
1/2 Mile Fun Run 8:45AM  
15K starts at 9:15AM*

### 15K ENTRY FEE:

\$18 preregistered through March 3  
\$16 Preregistered GLIRC members through March 3  
\$20 Late Registration (March 3 thru March 11)  
50% discount to all pre registrants 16 and under.  
\$25 Day-of-Race

### FUN RUN ENTRY FEE:

\$4 Preregistered  
\$5 Day-of-Race  
Medals to all Fun Run participants.  
NO SHIRT FOR FUN RUN

### CHECK IN:

Numbers and Shirt may be picked up at THE RUNNERS EDGE  
242 Main Street in Farmingdale on Friday, March 10  
from 12 Noon to 5:00 PM

Day of Race: Pickup at the W.T. Rogers Middle School  
from 7:30 AM to 9:00 AM.

**ABSOLUTELY NO PICKUP AFTER 9:00 AM**

### COURSE:

Scenic, HILLY 9.3 mile run through the beautiful - and challenging -  
roads of Kings Park!

### DIRECTIONS:

Take Saucken Meadow Parkway North to Route 25A eastbound. Follow 25A  
for 3/4 mile into "downtown" Kings Park, make left at first traffic light onto  
Old Dock Road and follow it 1/2 mile (across Church Street) to W.T. Rogers  
Middle School on left. School is 2 blocks from the Kings Park LIRR Station.

Computerized Timing by JMS Racing Services Using the  
AMB Elite Timing System.

### AMENITIES:

Toilet facilities, Huge post-race raffle, super refreshments, free Massage,  
splits at every mile, SIX water stops (Gatorade at the 10K Water Station)

*High Quality 10<sup>th</sup> Anniversary Commemorative  
SWEAT SHIRTS to all 15 K entrants*

### 15K AWARDS:

Overall Male and Female Winner.....\$100  
Overall Male and Female Masters Winners.....\$50  
Overall Male and Female Senior Masters Winners.....\$50  
Overall Male and Female Wheelchair Winners.....\$100

### BONUS if Overall Male or Female Winner

Breaks COURSE RECORD.....\$100  
Existing Records:  
Male: Michael Nehr 49:42 2003  
Female: Yolanda Flamino 57:17 2003

Awards will be presented to the first three male and female finishers in each  
of the following age groups: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and over, and to the first  
three male and female finishers in the following Clydesdale Divisions:

Men: 185-199 lbs.; 200 lbs. and over  
Women: 140-159 lbs; 160 lbs. and over

### MAIL ENTRIES TO:

Greater Long Island Running Club  
101 Dupont Street, Suite 24, Plainview NY 11803

RACE DIRECTOR: Steven Toro

FOR MORE INFO call GLIRC at (516) 349-7646

Register Online at

**WWW.GLIRC.ORG**

Kings Park 15k • March 10, 2007 • Make checks payable to GLIRC

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Age (on race date) \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Male  Female

Special Category: (Circle one, if applicable)

Wheelchair \_\_\_\_\_ Clydesdale Weight: \_\_\_\_\_ Male 185-199 lbs. Male 200+ lbs.  
Fun Run \_\_\_\_\_ Female 140-159 lbs. Female 160+ lbs.

Address \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Yes - I am a GLIRC member e mail address \_\_\_\_\_ USATF Member? \_\_\_\_\_