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# City of Long Beach



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*Asst. Superintendent of Recreation*  
 Robert H. Sondergaard

## Recreation Department



# SNOWFLAKE FOUR-MILE RUN

SUNDAY, FEBRUARY 14, 2010

9:00 a.m.



**Fees:** \$20.00 pre-registration Deadline: **Saturday, February 13<sup>th</sup> at 12:00 p.m.**  
 \$25.00 day of race registration - *closes 8:30 a.m. sharp!*

Register Online – [www.ACTIVE.COM](http://www.ACTIVE.COM)

**Awards:** Awards to the first three male and female winners in each age category:  
 First Overall Male and Female & First Long Beach Male and Female finishers.



- |              |           |                           |
|--------------|-----------|---------------------------|
| ▪ 14 & Under | ▪ 40 – 44 | ▪ 70 – 74                 |
| ▪ 15 – 19    | ▪ 45 – 49 | ▪ 75 – 79                 |
| ▪ 20 – 24    | ▪ 50 – 54 | ▪ Physically Challenged   |
| ▪ 25 – 29    | ▪ 55 – 59 | (1 <sup>st</sup> Overall) |
| ▪ 30 – 34    | ▪ 60 – 64 |                           |
| ▪ 35 – 39    | ▪ 65 – 69 |                           |

**Timing:** Race is timed by Finish Line Road Race Technicians ([www.flrrt.com](http://www.flrrt.com))  
 using ChronoTrack Racing System.

**Register By Mail  
 Or In Person:**

**LONG BEACH RECREATION CENTER**  
 Magnolia Boulevard & West Bay Drive, Long Beach, NY 11561

**Number  
 & Shirt Pick-up:**

Day of Race at from 7:00 - 8:30 a.m.  
**Long Beach Catholic Regional School Gymnasium,**  
 located at 735 West Broadway, Long Beach



**RACE BEGINS & ENDS on New York Ave. & the Boardwalk.**

**Awards Ceremony & Raffle Drawing**  
 will take place in the Catholic School Gym



**Sponsored by: Starbucks & Sugo Café**

\*\*\* All entrants will receive a long sleeve t-shirt and may use  
 the Long Beach Recreation Center facilities including the  
 the Indoor Swimming Pool, gym, steam room, showers, etc... **FREE of Charge** \*\*\*

If snowing, (*blizzard conditions*), call Long Beach Recreation Center  
 at 431-3890 or visit [www.longbeachny.org](http://www.longbeachny.org).

**For information & applications call 516-431-3890 (Recreation Center)  
 or online at [www.longbeachny.org](http://www.longbeachny.org), [www.lirunning.com](http://www.lirunning.com),  
[www.flrrt.com](http://www.flrrt.com) or [www.active.com](http://www.active.com).**

**SNOWFLAKE RACE REGISTRATION**

**2010**

Make checks payable to: **CITY OF LONG BEACH**

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby for myself and executors and administrators  
 waive and release any and all rights I may have against The City of Long Beach, Long Beach Recreation, Race Managers, all sponsors and assigned  
 officials for this road race.  
**PLEASE PRINT CLEARLY: >> PUT TELEPHONE NUMBER ON CHECK<<**

Name \_\_\_\_\_ Age \_\_\_\_\_ D.O.B. \_\_\_\_\_ Male \_\_\_ Female \_\_\_

Physically Challenged \_\_\_ Phone \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Address \_\_\_\_\_  
 street city state zip

Signature \_\_\_\_\_ Parent Signature \_\_\_\_\_  
 If Under 17 Years of Age

**For Recreation use only:** Receipt # \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Date \_\_\_\_\_ Staff \_\_\_\_\_