

**2015 APPLICATION** Please Print Clearly

Name \_\_\_\_\_  
First Last  
 Age \_\_\_\_\_ Sex: M F Wheelchair entrant \_\_\_\_\_  
 Daytime phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_  
 State/Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
Please provide email for future mailings

**Mandatory Release Form CK # \_\_\_\_\_**

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 heat and humidity, 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 Summer Run Series, New York State Office of Parks, Recreation and Historic Preservation, the Natural Heritage Trust, Newsday, WBAB Radio Station, Super Runners Shop, New Living Newspaper, WBLI Radio Station, Newsday.com, J&B Restaurant Partners, Dover Caterers, Pure Protein, Massapequa Road Runners, 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.)

**DRAWING COUPON** (please print clearly)  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_  
 Phone \_\_\_\_\_ Zip \_\_\_\_\_

**SUMMER RUN SERIES SCHEDULE**

- # 6/15 Heckscher..... 5 miles
- # 6/22 Sunken Meadow ..... 10 K
- # 6/29 Belmont Lake..... 5 K  
(carpooling recommended)
- 7/6 Bethpage ..... 5 K  
(carpooling recommended)
- # 7/13 Hempstead Lake..... 4 K  
(carpooling recommended)
- 7/20 Caumsett ..... 5 K  
(carpooling recommended)
- # 7/27 Robert Moses ..... 5 K
- 8/3 Jones Beach..... 5 miles

**Races begin promptly at 7 PM**

- Grand Prix Races
- Wheelchair Accessible Races

Please arrive **EARLY** to avoid traffic. Some park roads and parking lots will be closed prior to 7 PM for preparation of race course. Late arrivals may have difficulty in reaching the starting line in time for the start of the race.

**Absolutely No Baby Joggers  
Are Permitted!**

**REGISTRATION FOR 2015**

\* Applications will be available beginning April 1. A total of 4000 participants will be accepted into the Summer Run Series. The first 2500 participants will be placed in Tier I. The remaining 1500 participants will be placed into Tier II.

**TIER I REGISTRATION:**

\* Includes all 8 races.

**TIER II REGISTRATION:**

\* Includes 4 races only: Heckscher, Sunken Meadow, Robert Moses and Jones Beach

\*Tier II Numbers are not valid for Bethpage, Caumsett, Hempstead Lake and Belmont Lake races.

**THERE WILL BE NO DAY OF RACE REGISTRATION**

**By mail to:** Summer Run Series  
 P.O. Box 247  
 Babylon NY 11702

**In Person at:**  
 Long Island State Park Headquarters  
 Belmont Ave. EXIT 37N So.StatePkwy.  
**weekdays, 9am-5pm**

**Online:** For a small fee, register online at [www.flrrt.com](http://www.flrrt.com) or [www.active.com](http://www.active.com)

**ENTRY FEES**

**TIER I:**  
 Individual Registration - \$60  
 Group Discount Registration - \$55  
(25 or more applications submitted at one time prior to April 17)  
 Individual Wheelchair racers - \$45  
(4 accessible races-see schedule)  
**TIER II:**  
 Individual registration \$45

**Make Checks Payable to: NHT - LI  
NO REFUNDS**

**NUMBER/RACE TIMING TAG  
PICKUP DATES & TIMES**

Tuesday, June 9 - Friday, June 12  
 9:00 AM - 7:00 PM

Saturday, June 13  
 10:00 AM - 1:00 PM

Group pickup starts Wed., June 10  
 at  
**Long Island State Park Headquarters**  
 Belmont Avenue, Exit 37N  
 off the Southern State Pkwy.

In order to save time on race day, registration pick up will **ONLY** take place at State Park Headquarters. Therefore you **MUST** pick up your shirt, number and timing tag prior to the first race.

**RACE TIMING TAG AND NUMBERS -**  
 You will receive a Chronotrack timing tag and running number. You must wear the tag and the number assigned to you to receive the correct results. Race crew is not responsible for error due to wearing incorrect timing tags and/or numbers.

### Awards:

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

### \*Age Categories:

0-12, 13-15, 16-20, 21-24, 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+ and wheelchair.

\* Age recorded at time of registration; must remain the same during entire series regardless of birthday

### Grand Prix:

The results of 5 races ONLY will be counted towards the Grand Prix totals.

### T-shirts and Magnets:

To all participants.

### Refreshments:

Beverages, snack foods and water will be distributed after all races to **race participants only**.

### Be Advised:

We will only mail applications upon request. Applications will be sent via email to all past participants. Please be sure to include your email address on your application.

### Saratoga Springs Here We Come!!

Win a weekend of fun and excitement for 2 at the beautiful Gideon Putnam Hotel, the Garden City Hotel of the North, to be held November 2015.

### Two Ways To Win !!

1. Special Weekly drawings for trips - Tier II participants are not eligible for any raffle prizes at Tier I races. You must be present to win.
2. Grand Prix Point winners - trips will be presented to the first five OVERALL male and female series winners.

A person may win a trip either through the Grand Prix points or the raffle.

**Not Both! One trip per person only!**

\*Trips are non transferable

### Timing:

By Finish Line Road Race Technicians using Chronotrack Timing System.

All runners' times will be recorded and posted following each race. Information on Chronotrack can be found at

[www.FLRRT.com](http://www.FLRRT.com)

For additional information please call

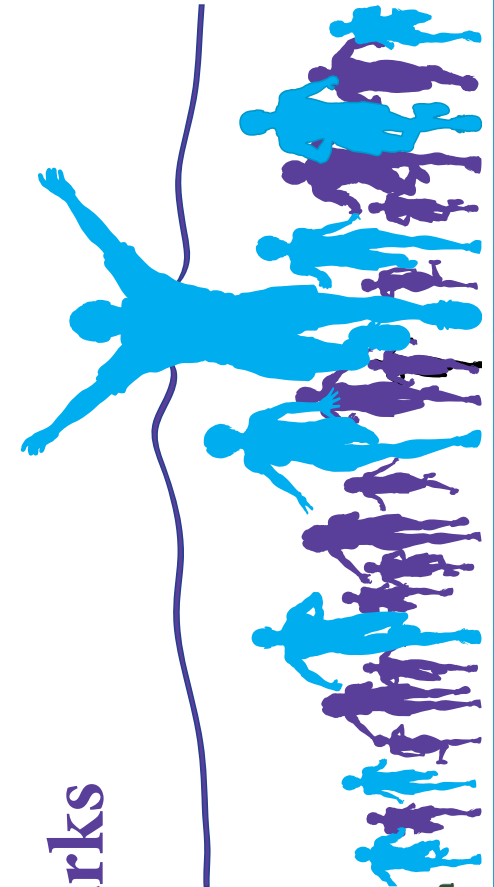
(631) 321-3510

weekdays, 9 AM - 5 PM

### Sponsors:



Parks, Recreation and Historic Preservation



2015 State Parks

Parks, Recreation and Historic Preservation



SUMMER RUN SERIES