

**2017 APPLICATION** Please Print Clearly

Name \_\_\_\_\_  
First \_\_\_\_\_  
Last \_\_\_\_\_  
Age \_\_\_\_\_ Circle One: M F  
Daytime phone \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_  
State/Zip \_\_\_\_\_  
Email \_\_\_\_\_  
(Please provide email for future mailings)

Check # \_\_\_\_\_

**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 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 Magazine, Performax Physical Therapy and Wellness, P.C., WBLI Radio Station, Finish Line Road Race Technicians, Boening Bros., Bethpage Federal Credit Union, Bai Brands LLC, Kind LLC 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.)

**SUMMER RUN SERIES SCHEDULE & THEMES**

- # 6/12 **HECKSCHER**..... 5 miles  
Retro Run
- # 6/19 **SUNKEN MEADOW** . 10 K  
Home Town Apparel Run
- # 6/26 **BELMONT LAKE**..... 5 K  
Superhero Run
- 7/10 **BETHPAGE** ..... 5 K  
Patriotic Run
- # 7/17 **HEMPSTEAD LAKE** .... 4 K  
Neon Run
- 7/24 **CAUMSETT** ..... 5 K  
Pirates & Princesses Run
- # 7/31 **ROBERT MOSES** ..... 5 K  
Sports Team Run
- 8/7 **JONES BEACH** ..... 5 miles  
Luau Party Run

- # Grand Prix Races
- Wheelchair Accessible Races

**Races begin promptly at 7 PM**

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 2017**

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**

**TWO WAYS TO REGISTER**

**1. ONLINE:**

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

**Tier I** registration will open Saturday, April 1 at 6AM for a maximum of 2,000 signups

**Tier II** registration will open Wed, April 5 at 6AM for a maximum of 1,250 signups

**2. IN PERSON:**

Signups will take place at the Long Island State Park Headquarters, 625 Belmont Avenue, West Babylon (Exit 37N off the Southern State Park)

\*\*One person can register up to 5 total applications – including their own. This will be strictly enforced\*\*

**Tier I** Registration will open Tuesday, April 4 at 6AM for a maximum of 500 signups

**Tier II** Registration will open only when Tier I is full for a maximum of 250 signups

**ENTRY FEES**

**TIER I:**

Individual Registration - \$70  
Individual Wheelchair racers - \$55  
(4 accessible races-see schedule)

**TIER II:**

Individual Registration \$55

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

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

Wednesday, June 7 - Friday, June 9

9:00 AM - 7:00 PM

Saturday, June 10

10:00 AM - 1:00 PM

at

**Long Island State Park Headquarters**  
Belmont Avenue, Exit 37N  
off the Southern State Pkwy.

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, 85-89, 90+ 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, Magnets and giveaways:

To all participants.

### Refreshments:

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

### Be Advised:

Up to Date information will be sent via email to all 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 2017.

#### 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



STATE PARKS

2017

SUMMER RUN SERIES