

# 2010 STATE PARKS SUMMER RUN SERIES

**SCHEDULE**

- 6/14 ..... Heckscher ..... 5 miles
- 6/21 ..... Sunken Meadow ..... 10 K
- 6/28 ..... Caumsett ..... 5 K
- 7/12 ..... Hempstead Lake ..... 4 K
- 7/19 ..... Belmont Lake ..... 5 K
- 7/26 ..... Robert Moses ..... 5 K
- 8/2 ..... Bethpage ..... 5 K
- 8/9 ..... Jones Beach ..... 5 miles

**Entry Fee**

Full Series: Individual pre-registration April 1st - June 1st - \$55  
after June 1st - \$70

\* Single Race: Day of race registration - \$15 per race  
\* Except Jones Beach - \$20

**Make Checks Payable to: NHT - LI**

Please mail in your application immediately. Registration deadline must be postmarked by June 1, 2010 **OR** as soon as 2,500 full series registrants are received, whichever comes first.

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

**On line:** www.flrrt.com or active.com  
For additional information please call  
(631) 321-3510, weekdays, 9 am - 5 pm

**2010 APPLICATION**

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

Age \_\_\_\_\_ Sex: M F Wheelchair entrant \_\_\_\_\_

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

Address \_\_\_\_\_

Town \_\_\_\_\_

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

Checks Payable to: NHT - LI Check # \_\_\_\_\_

**2010 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 Park Region, the Natural Heritage Trust, The Long Island Philharmonic, Newsday, WBAB Radio Station, Super Runners Shop, New Living Newspaper, WBLI Radio Station, Newsday.com, Dover Caterers, J&B Restaurant Partners, Odwalla, Massapequa Road Runners, Finish Line Road Racing 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 US Anti Doping Agency at 800-233-0393.

**SIGNATURE** \_\_\_\_\_

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

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

Phone \_\_\_\_\_

**LONG ISLAND STATE PARK REGION**

is pleased to have as corporate contributors:

