

Our 32nd year



The New Hyde Park 8K RUN

(8K = 4.97 miles, 53 yards short of 5 miles)

Course officially measured & certified

USA Track & Field LI Running, Walking
& Team Championships

Sunday, June 7th, 2009

* Dedicated to our War Veterans *

8K Run starts at 9:15 am
1 Mile Fun Run at 8:30 am
Rain or Shine

LONG ISLAND
TRACK & FIELD 2009



Registration

by May 23rd\$18
May 24th to June 5th\$22
Day of Race\$25
Anytime for 12 & under, 65 & older....\$10
\$1 off all fees for members of LITF
Make checks payable and mail entries to:
NHP Runner's Club, P.O. Box 3523
New Hyde Park, N.Y. 11040

Check-in/Start/Finish

Denton Ave. School, New Hyde Park, N.Y.
Between 7:00 a.m. & 8:15 a.m., Race Day

Directions:

From North, East & West: LIE to exit 34 (NHP Rd South) go 1.6 miles to Hillside Ave. Turn left (East) onto Hillside Ave., 0.6 miles to Denton Ave. Turn left (North) onto Denton Ave. The school is on the right.

From South: Meadowbrook Pkwy to Northern State Pkwy. (West) bear right at the first exit "Glen Cove Rd. South, Hempstead" Right (West) on Hillside Ave. 2.9 miles to Denton/Marcus Ave. Turn right. The school is on the right.

Race Shirts for all Pre-registrants
Awards for all 5 year Age Groups up to 80+
Teams, Racewalkers, Clydesdales
and Special Awards
Time splits, Refreshments and
Water Stops

For Additional Information

Call Harold (917) 750-5992 or Ken (516) 352-1721
Between 7:30 p.m. and 9:00 p.m.
Or please visit us online at www.nhprunners.com.

Register online at WWW.nhprunners.com

HELP OUR VETERANS, FOR EVERY EXTRA \$1, YOU GET TWO CHANCES TO WIN OUR GRAND PRIZE

Yes, count me in! I've added \$_____ to my entry fee for _____ more chances! Your \$ will go to the American War Veterans

Last Name _____ First Name _____ Birth Date _____ Age _____

Address _____ City/Town _____ Zip _____ LITF No. _____

Phone _____ 8K 1 Mile Both Races Male Female Adult Shirt Size: M L XL

CHECK ONLY ONE CHOICE Runner Racewalker Wheelchair Challenged Clydesdale : Weight _____ Team Name _____

Would you like information about the New Hyde Park Runners Club? Yes No

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, hereby waive, release and hold harmless the Towns of North Hempstead and New Hyde Park, The Nassau County Police Department the Denton Avenue School, the Meet Director, The New Hyde Park Runners Club, The Roadrunners Club of America, The Long Island Track & Field Association and All Sponsors, from any and all liabilities, claims demands and causes of action whatsoever arising directly or indirectly from my participation in this event, even if such liabilities, claims, demands and causes of action arise in whole or in part out of the negligence of any of the above mentioned organizations or individuals. (If Signed by a parent, the parent agrees to waive, release and hold harmless the above-mentioned organizations and individuals from any and all said liabilities, claims and cause of action which may be asserted on behalf of the entrant.) I attest and verify that I am physically fit and have sufficiently trained for the competition of these 5 and 1 mile runs, and that my physical condition has been verified by a licensed medical doctor. Further, I hereby grant permission to any and all of the above mentioned organizations and individuals to use any photographs, videotapes, motion pictures, recordings or any other record of this event and my participation in this event for any purpose whatsoever.

Signature _____ Parents Signature (if under 18 years old) _____