

Lynbrook Fly With The Owls 4 Mile Run/Walk

Sunday, December 6, 2009

1/2 Mile Fun Run - Starts 8:00AM

4-Mile Run/Walk - Starts 8:30AM

**All proceeds to benefit Fly with the Owls, Inc.
and its services to the youth of the Lynbrook Community**

Event organizer reserves the right to cancel or postpone due to inclement weather

LOCATION Lynbrook North Middle School, Lynbrook, NY

COURSE 4 Mile, fast and flat through tree-lined, suburban streets; USATF sanctioned; splits and water stops every mile.

ENTRY FEE \$17.00 pre-entry through Nov. 16, 2009; \$22.00 pre-entry November 16 - December 5, 2009; \$25.00 Day of Event entry; \$12.00 for children 14 and under, senior citizens 65 and older and Military Veterans.

TEAMS Register as a team in-person only on Saturday 12/5 and Sunday 12/6. Teams must consist of 5 people as follows: at least 2 women, 1 person under age 16 and 1 person over age 50. Each team member must register as an individual before a team registration can be processed. There is no additional team registration fee.

1/2 MILE FUN RUN \$10.00 pre-entry and Day of Event. For ages 14 & under only.

CHECK IN Number Pick Up and In-Person Registration on Saturday, December 5, 2009 at The Runner's Stop, 20 Atlantic Ave., Lynbrook from 4PM to 8PM and Sunday, Dec. 6, 2009 at Lynbrook North Middle School, 529 Merrick Road, Lynbrook from 6:00AM to 8:00AM. **ABSOLUTELY NO NUMBER PICK-UP OR REGISTRATION AFTER 8:00AM.**

AMENITIES Top quality shirt to all Run/Walk and Fun Run entrants; Post-race refreshments; Great post-race raffles (you must be present at the drawing to win); FREE post-race massage and chiropractic adjustments; Village of Lynbrook Police Department traffic control; Lynbrook Ambulance Company medical support; Timing and scoring by Finish Line Road Race Technicians. Results will be posted online at www.flywiththeowls.com.

AWARDS (Only one award to each finisher) **1/2 Mile Fun Run** - Special awards to each Fun Run finisher. **4-Mile Run: Runners:** Top three male and female overall; Top three male and female masters; top three male and female Village of Lynbrook/School District #20 residents, top three male and female Military Veterans, top male and female Lynbrook school district staff, and top three runners male and female in the following age categories: 10-12; 13-15; 16-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80+. **Walkers:** Top male and female overall, plus top male and female in each category listed above. **Physically Challenged:** Top three male and female overall. **Team Awards:** Top three teams.

DIRECTIONS Southern State Parkway to Exit 19S (Peninsula Blvd./Lynbrook). Take Peninsula Blvd. approximately 3.4 miles to Merrick Road. Right turn onto Merrick Road and proceed about 1/3 mile to the Lynbrook North Middle School (on right side of Merrick Road) OR Sunrise Highway to Peninsula Blvd. (from West - left onto Peninsula Blvd. From East - right onto Peninsula Blvd.) Proceed on Peninsula Blvd. to S. Nieman Ave. At the blinking red stop light go straight. **DO NOT BEAR RIGHT.** Go to Merrick Road and make left. Proceed as above.

PARKING Parking is available on side streets and in Wendy's, Pizza Hut, and Taco Bell parking lots which are nearby the school.

INFORMATION For information, contact Race Director Cathy Papandrew at (516) 593-8848

SANCTIONED BY LI TRACK & FIELD



ENTRY FORM or REGISTER ONLINE AT www.flywiththeowls.com

Last Name _____ First Name _____ Middle Initial _____

Street Address _____

City/State/Zip _____

Tel. # _____ Email _____

Age on Date of Event _____ Date of Birth _____ Sex M F Owner's Chip # (if applicable) _____

Event Competing In: 4 Mile Run 4 Mile Walk 1/2 Mile Fun Run Shirt Size (size not guaranteed) (one) S M L XL Youth Med.

Please check here if: Physically Challenged Military Veteran Village of Lynbrook./S.D. #20 Resident Lynbrook S.D. Teacher/Staff

Mail-in registrations must be received by Nov. 30, 2009. Online Registration closes Dec. 3, 2009 (additional fee applies)

Make checks payable to: FLY WITH THE OWLS, INC..

Additional contribution to Fly with the Owls, Inc. \$ _____. Total Amount Enclosed \$ _____.

Mail registration form to: FLY WITH THE OWLS 4-MILE RUN/WALK, C/O CATHY PAPANDREW, 253 DENTON AVENUE, LYNBROOK, NY 11563

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless Fly With The Owls, Inc., Lynbrook Public School District, Village of Lynbrook, Lynbrook Volunteer Ambulance Corps, Lynbrook Volunteer Fire Dept., Finish Line Road Race Technicians, sponsors and all persons associated with this event and their agents, employees, representatives, successors and assigns, from any and all liabilities, claims, demands, and causes of action whatsoever arising directly or indirectly from my participation in this event even if any such liabilities, claims, demands and causes of action arise in whole or in part out of 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 causes 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 completion of this event and that my physical condition has been verified by a 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 (all applicants must sign. If under 18, signature of guardian or parent): _____ Date: _____