



# USATF-Long Island



## NASSAU TRACK OFFICIALS ASSOCIATION 5K CROSS-COUNTRY RACE SATURDAY, SEPTEMBER 25, 2010 9:00 am Old Bethpage Village Restoration Old Bethpage, NY

Sanctioned by USATF-Long Island

**\* PART OF THE LITF CROSS COUNTRY SERIES \***

The Course: This is a 5-kilometer Cross Country course running past Long Island's oldest houses filled with history. USATF Certified and Sanctioned.

Day of Race: \$18.00 for USATF Members \$20.00 for Non-Members

Day of Race registration from 7:30- 8:30 a.m.

Check in at the start and finish area in the open field just past the entrance to park on left  
Free parking at the Visitors Center

**Awards:** Top overall Male & Female Open & Masters and top three in the following individual age groups: Male & Female – 19 & under, 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 plus. T-Shirts for all runners

Make checks payable to: NTFCCOA

Mail application to: NTFCCOA Walt Kueffner  
134 W. Maple Dr. New Hyde Park, NY 11040

For further information call: Walt Kueffner - 516-437-8486

Directions: 1303 Round Swamp Road Old Bethpage, New York, 11804 Exit 48 of the LIE south 1/2 mile

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FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  MALE  FEMALE

USATF MEMBERSHIP NUMBER \_\_\_\_\_ CLUB AFFILIATION \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

TOWN \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

I, the undersigned, intending to be legally bound hereto, for myself, my heirs, executors and administrators, waive, release and hold harmless the USATF-LONG ISLAND, Nassau County, NASSAU TRACK & FIELD & CROSS COUNTRY OFFICIALS ASSOCIATION for any and all liabilities, claims, demands and causes of action whether or not arising in whole or in part out of the negligence of any of the above organizations or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event, and that a licensed Medical Doctor has verified my physical condition. Further, I hereby grant permission for USATF and its Long Island Association to use photographs, videos, motion pictures, recordings and any other visual and/or audio record of this event for any purpose whatsoever.

**SIGNATURE** \_\_\_\_\_ **Date:** \_\_\_\_\_

If under 18, signature of parent or guardian \_\_\_\_\_