

THE GREAT COW HARBOR • 10 KILOMETER RUN

Race Date: **September 21, 2019** • Official Race Application

Instructions: ❶ Please fill in all information requested in sections 1, 2, 3, & 4. ❷ Fill in your predicted finishing time, otherwise you will automatically be placed in the **last starting wave**. ❸ You must sign the waiver. We cannot accept your entry without a valid signature. ❹ Only one (1) entrant per application. ❺ Please return **signed application** with your check or money order.

1

FIRST NAME

PLEASE PRINT NEATLY

LAST NAME

DO NOT FORGET TO FILL IN TELEPHONE NUMBER & E-MAIL ADDRESS

ADDRESS

CITY STATE ZIP CODE

TELEPHONE NUMBER - - E-MAIL ADDRESS

2

EVENT **10K (NO WALKERS)** **2K FUN RUN**

SEX **M** **F**


AGE (ON RACE DAY)

PREDICTED FINISH TIME

HRS : MIN : SECS

DATE OF BIRTH

MONTH DAY YEAR

 **DO NOT LEAVE BLANK**

3

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 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 for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Great Cow Harbor 10-Kilometer Run, Inc., the Northport Running Club, the Northport American Legion Post 694, Start to Finish Corporation, all race sponsors, the Village of Northport, the Township of Huntington, the police and volunteer fire departments of Northport, New York, and Suffolk County, New York and their representatives, successors and assigns for any and all injuries suffered by me in said event and all claims for liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I attest and verify that I participate in this event as a foot race entrant and that I am physically fit and have sufficiently trained for competition of this event and that my physical condition has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use any photographs, videotapes, 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 USAT&F rules and IAAF Rule 55. Athletes found positive for banned substances, or who refuse 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. No baby strollers/baby joggers, roller skates/blades, headphones, bicycles or animals will be allowed on the course.

This application must be signed and dated.

Signature _____ Parents signature if under 18 _____ Date / /19

4 **NO REGISTRATION ON FRIDAY, SEPT. 20 AND NO RACE DAY REGISTRATION**

Special Olympics Long Island Contribution (We would appreciate your help with \$1.00 or more)*	\$
ENTRY FEE \$40.00 (\$20.00 for ages 12 and under) • \$50.00 Sept 9 th - Sept 18 th (\$25.00 for ages 12 and under)	
ENTRY FEE FOR 2K FUN RUN \$25.00 (\$15.00 for ages 12 and under)	
Make checks payable and mail with entry to: GREAT COW HARBOR 10 KILOMETER RUN, Inc. P.O. Box 41, Northport, NY 11768	TOTAL ENCLOSED \$

* Your contribution will provide the opportunity for children and adults with developmental disabilities to train and compete in Olympic events

10K FIELD LIMITED TO FIRST 5500 REGISTRANTS • ALL APPLICANTS MUST PRE-REGISTER
ALL ENTRIES RECEIVED AFTER SEPT 18th WILL BE PLACED IN LAST WAVE

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ENTRY FEE

Still a bargain at \$40.00 adult, \$20.00 age 12 and under. We'd appreciate your contribution of \$1.00 or more to benefit Special Olympics Long Island. The entire fee is non-refundable. Your cancelled check is your acknowledgement.

LATE ENTRIES/LATE FEE

All entries postmarked after September 8, 2019 are considered late entries. **THE RACE FEE FOR LATE ENTRIES IS \$50.00. NO REGISTRATION ON FRIDAY, SEPTEMBER 20th OR ON RACE DAY (2K ONLY ON FRIDAY). 10K FIELD LIMITED TO THE FIRST 5500 REGISTRANTS.**

CHIP & NUMBER PICKUP

Friday evening, September 20th, 6:30 pm to 9:00 pm, or race day, 6:45 am to 7:45 am at Laurel Avenue School, Northport. You may not give your chip/number to anyone else.

GIVEAWAYS

All entrants receive a top-quality T-shirt with our Cow Harbor logo, along with a 'goody bag' of special merchandise and our official program. **Pick up at registration only.** We regret that shirts cannot be mailed or picked up at any other time.

COURSE

10 kilometers (6.2 miles), scenic, USAT&F certified. Mile markers and splits each mile, large digital clock at 5 kilometers and finish line. Water stops at 2, 3, 4 and 5 miles.

PLEASE NOTE:

*Insurance restrictions prohibit baby strollers/
baby joggers, roller skates/blades, headphones,
bicycles or animals on the course.*

JOHN J. PITFICK STAGGERED START

Race starts at Laurel Avenue School on Laurel Avenue at 8:30 am. Runners will be assigned to starting groups based solely on predicted finish time. You must indicate a predicted finish time on your entry and must start with the group to which you are assigned. If you wish to start with friends or other family members, please have all members of your group use the **SAME** predicted time (the time of the slowest member of your group). Starting with a slower group will not affect the actual race time of faster runners. All times will be computer corrected. The 2K Fun Run/Walk starts 2 minutes after the last 10K group.

FINISH

At the foot of Main Street, Northport Village. Bus service will be provided until 12 noon to transport runners back to parking area at Northport High School.

FACILITIES

There will be 'porta-potties' provided at the start and finish. Sorry, no lockers or showers are available.

BAGGAGE VEHICLE

There will be UPS trucks parked near the starting line before the race. Runners may place their warm-up clothes on the trucks if it is bagged and tagged. The trucks will be waiting at the finish line after the race. **We are not responsible for valuables left on the trucks.**

RACE PROGRAM

The September 19th edition of The Observer will have a pull-out supplement. This is the official race program containing photos, stories and a complete listing of all registered runners.

RAFFLE

There will be a post-race raffle for priceless merchandise for runners in the park following the race. Hand in the raffle stub from your race number at the bandstand in the park. Must be present to win.

AWARDS

Immediately following the race, awards will be given to the top ten overall male and female finishers as well as age group awards. All other awards will be mailed.

CATEGORIES

- First male and female setting new course record receives \$5,000 bonus. Current men's course record - 28:22 (2006), current women's course record - 32:26 (2011). Cash awards to top 10 male and female overall: top 3 male and female masters, top male and female senior master. Cash awards available to US citizens only.
- Quality awards to top 10 overall male and female, top 3 masters male and female, and at least the top 3 (depending on registration) in the following age divisions:
**13-19 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+**
- 1-year supply of water, compliments of Poland Spring, to the top Northport (11768) resident.

POST-RACE FESTIVITIES

Join us in the Northport Village Park, adjacent to the finish line for free refreshments (Sand City Brewing Co., Poland Spring, King Kullen, Coca Cola Product, Snyder of Hanover Pretzels, Gatorade, Entenmanns, bagels, assorted fruits and much more), the raffle and awards ceremony.

RESULTS

The complete list of finishers will be published in the September 26th issue of The Observer, available locally. Race results will be posted online at **www.cowharborrace.com**.



2K FUN RUN/WALK

Time: 8:30 AM

Place: Laurel Avenue School

*All registered participants will receive a top quality
T-shirt with the official Great Cow Harbor logo.*



NO AWARDS FOR THIS EVENT