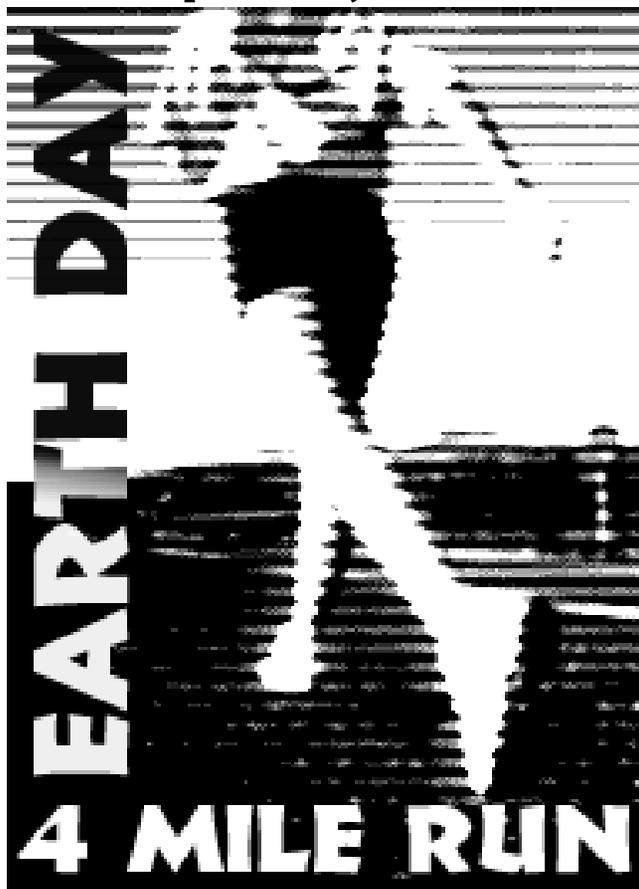


BROOKHAVEN
NATIONAL LABORATORY

April 19, 2003



Computer Timed By

Dennis Boyd of the Massapequa Road Runners.

Start Time

April 19, 2003 at 9:30 am in front of Berkner Hall –
Check in 7:30-9:15 a.m. Awards at 11:30 in
Berkner Hall.

Description

A scenic USATF certified 4 Mile course consisting
of a combination of road and wide trails through the
Pine Barrens on Brookhaven National Laboratory
(BNL) property. The course is relatively flat with
some slight rolling hills in the last mile. Mile
markers, mile splits and a water stop at the 2 Mile
mark. Walkers are welcome.

Entry Fee

Postmarked prior to 4/12/03 - \$18 or \$15 if you
bring a non-perishable food item for the local food
bank (see check-off box in entry form). Postmarked
after 4/12/03 - \$21 or \$18 with a non-perishable
food item.

Breakfast

Entry fee includes post race hot breakfast provided
by Flik International.

Grand Prix

This is an LITF Grand Prix series event
(www.litf.org). Proceeds from the event benefit the
Long Island Cares Food Bank. www.licares.org

Free Kids Run

Free ½ mile fun run for kids 12 and under at
10:30 a.m.; all competitors will receive a tree to
take home and plant in honor of Earth Day

Awards

Top three M/F and top three Masters M/F
receive merchandise certificates from Long
Island's top running stores. Awards to top three
M/F in the following age groups: 19 and under,
20-24, 25-29,30-34, 35-39,40-45, 45-49,50-54,
55-59,60-64,65-69,70-74,75-79, 80+

Directions

Long Island Expressway to exit 68 N to William
Floyd Parkway. Main Gate is at the second
traffic light. From 25 or 25A go south on
William Floyd Parkway, main gate is a left hand
turn at the first traffic light past Route 25.
Directions may also be found at
www.bnl.gov/bnlweb/maps.html

NOTE: Due to current security status, everyone
over 16 years old must present a photo ID to
the guard at the Laboratory entrance to be
allowed entry on to the site.

Information

Peter D. Pohlot – Race Director (631) 344-
5660. Applications, pictures from last year's
event and additional information may also be
downloaded from www.bnl.gov/eday



Mail Applications To:

Peter Pohlot
Brookhaven National Laboratory
Building 130
Upton, NY 11973-5000

Enclose Checks Payable To: BSA

PLEASE PRINT

Name: _____

Address: _____

Town: _____ **State:** _____ **Zip:** _____

Phone: _____ **Sex:** M F **Age:** (as of 4/22/01) _____ **D.O.B** _____

Running Club Affiliation: _____ **USATF #:**(if applicable) _____

e-Mail Address: _____ (used to send digital photos which may be taken during the event)

Shirt Size: S M L XL XXL

Will you be bringing a non-perishable food item for the local Food Bank? Yes

_____ / **No** _____ (entry fee prior to 4/12/03 is \$15 with an item for the food bank / \$18 without, after 4/12/03 the entry fee is \$18 with a non-perishable food item / \$21 without).

I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless Brookhaven National Laboratory, BSA, The BNL Running and Cycling Club, Dennis Boyd, USATF, LITF and all Sponsors (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 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 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 licensed medical doctor Further, I hereby grant full permission to any and all the abovementioned 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: _____

Parent Signature (if under 18 years of Age)

