



presents...

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Joe Latino Winter Relays

33rd Annual

February 25, 2012

Sunken Meadow Park - East End Parking Lot
10:00AM / 9:00AM Check-in / 4x2 running event

Dedicated to the memory of NRC Member and Latino Relay Registration Volunteer Bill Egan

ENTRY FEE: \$25 per team received before February 20th. **\$35 after and day of Race**

Make checks payable to: The Northport Running Club

REFRESHMENTS: Will be available during and after the race. Hot soup, bagels, beverages and baked goods will be provided.

AWARDS: Awards will be presented to each member of the top three teams in each category. A special award will be presented to the first overall men's and women's team.

DIRECTIONS: Take Sagtikos/Sunken Meadow Parkway north to the end, enter park. Go down hill approx. 1 mile. At the bottom of the hill, make first right after the bridge. Follow road to the east end parking lot.

**Limited to the
First 50 Teams**

REQUIREMENTS

1. Relay teams consist of **four** runners per team. Each runner runs a 2 mile leg.
2. All teams must be registered with the Relay Committee. Pre-registered teams are requested to declare their final roster as early as possible on race day. **Day of race entries must be submitted before 8:30 a.m.**
3. Teams: There are SEVEN categories from which your group can choose to compete.

These categories are:

MEN'S OPEN - 4 male runners any age.

WOMEN'S OPEN - 4 female runners, any age.

MIXED OPEN - 4 members at least 2 women, any age.

MEN'S MASTERS - 4 men, age 40 and over.

WOMEN'S MASTERS - 4 women, age 40 and over.

MIXED MASTERS - 4 runners at least 2 women, age 40 and over.

OVER THE HILL - 4 runners, any combination of men or women, combined ages total more than 200.

4. Each club may enter as many teams in each of the above categories as desired. A runner may run on more than one team. **NO RUNNER MAY RUN TWO OR MORE LEGS ON THE SAME 4-PERSON TEAM.**



**For more information call Race Director Allen Huggins 631-269-0784 (eve.)
or contact Race Co-Director Rich Teubner at: richard.teubner@un.ngrid.com**

JOE LATINO WINTER RELAYS TEAM DECLARATION FORM

Captains,

Here are a few simple guidelines you can follow to assure this year's relay will be successful for your team.

Before the Race: Submit a completed team declaration form. Note that all four runner's signatures are necessary, although you may submit the form without signatures to receive the pre-registration discount, and then resubmit another form (with signatures) on race day. Each team will receive a set of four bib numbers and a sheet used to track your team runners leg times. **Ensure that your leg 4 runner wears the bib number indicated for the final leg (Red Leg #4).**

During the Race: Ensure that your runners get to the starting line for their leg. As each runner finishes, record their finishing time on the supplied sheet and inform the scoreboard keeper of that time for posting on the results board. Only the official team finishing time will be posted on the board by the timer.

After the Race: Verify all information pertaining to your team is posted correctly on the results board.

Complete the information on the bottom of this form with your application fee and mail to the address below:

Northport Running Club/Joe Latino Winter Relays
P.O. Box 554 • Northport, NY 11768

TEAM DECLARATION FORM

NOTE: You may submit form without signatures to pre-register. Then on race day have team members sign at registration desk. If you opt for this, please sign in by 9:15AM.

Name of Team: _____

Team Captain: _____

Address _____

City _____ State _____ Zip _____

Phone Number: (____) _____ Email* _____@_____

**email address requested for last minute instructions, questions, etc.*

TEAM CATEGORY:

- MEN'S OPEN
 MEN'S MASTERS
 MIXED OPEN
 WOMEN'S OPEN
 WOMEN'S MASTERS
 MIXED MASTERS
 OVER THE HILL (ages sum to 200 or more)

Please fill out entry blank, read the following statement and have all team participants sign below:

Waiver:

In consideration of your acceptance of this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assigns, waive and release any and all claims, demands and causes of action I might otherwise have for damages or otherwise against the Northport Running Club, the State of New York Department of Parks and Recreation, any sponsors, volunteers and the agents, employees, representatives, successors and assigns of all the aforesaid organizations, for any and all injuries and/or property damage suffered by me in this event. I attest and verify that I am physically fit and have sufficiently trained for the completion of a 2 mile run of this degree of difficulty, and that my condition has been verified by a licensed Medical Doctor. Further, I hereby grant permission to any and all of the foregoing organizations to use any photographs, videotapes, motion pictures, recordings, or any other record of this event and my participation in the same for any purpose whatsoever.

PRINT NAME	SIGNATURE	DATE	M/F	AGE*
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____
4. _____	_____	_____	_____	_____

*Age information is needed only if competing in the "Over The Hill" category.