



NORTHPORT POST 694

# 30<sup>TH</sup> ANNUAL VETERANS DAY 4K XC RACE

## \$100 PRIZE FOR FIRST FINISHING VETERAN



SATURDAY,  
NOVEMBER 7, 2009 10:00AM



VA MEDICAL CENTER,  
NORTHPORT, NY

RACE PROCEEDS GO TO THE VA VOLUNTARY SERVICES FOR THE HOSPITALIZED VETERANS

*If you are a U.S. veteran interested in Northport VA health care, please call (631) 261-4400, ext. 2655  
If you recently returned from a combat area, please call 1-800-444-0001*

### Pre-Registration

Entry Fee **\$20**, Current/prior military service **\$15**, Age twelve or under **\$15**. Applications postmarked by **Wednesday, Oct. 28th**. Make checks payable to the "Northport Running Club" and mail to NRC c/o Andrea Mercer, 4 Kimberly Drive, East Northport, NY 11731. Cancelled check is your race entry acknowledgement. Entry fee is non-refundable. All registrants submitted by Oct. 28th will receive a commemorative tee-shirt.

### Late Registration

**After Oct. 28th entry fee is \$25** (all categories) including registration on day-of-race. On day-of-race, tee-shirts will be supplied while supplies last.

### Number/Packet Pickup

Packet pickup & late registration will be available at Super Runner Shop, 355 New York Ave, Huntington (631)549-3006 on Friday Nov. 6th from 6:30pm-8:00pm. Registration & packet pickup also available 8:00am-9:30am raceday at the VA Medical Center Auditorium(Bldg 5).

**Note: Photo ID will be required race-day for entry to the VA Medical Center grounds.**

### Race Course

The race course is 4K (2.48 Miles) run entirely on the Northport VAMC / American Legion Post 694 golf course. The course is scenic and spectator-friendly. Timing and results by Start To Finish using the Winning Time Chip timing system. Results will be posted at [www.start2finish.com](http://www.start2finish.com). NOTE: Absolutely no pets or baby joggers allowed on the course!

### Post Race Festivities

Hot chocolate, clam chowder and bagels served in Bldg 5, followed by the award ceremony and raffle (Featuring Super Runners Shop certificates). Napper Tandy's invites all eligible entrants to present their race number at their 229 Laurel Avenue, Northport location for a complimentary beverage after the race.

### Individual Awards

- **Cash Awards** to the 3 top male and female overall; (**\$100, \$50, \$25**)
  - **Cash Awards** to the 3 top male and female masters; (**\$100, \$50, \$25**)
- (Eligibility rules forbid high school and collegiate athletes from receiving cash awards. Also must be 18 or over to receive cash)*

Age-group awards will be presented to the top 3 male and female in the following categories:

13 & under	14-18	19-24	25-29	30-34	35-39	40-44
45-49	50-54	55-59	60-64	65-69	70-74	75-79 80+

There will be no duplication of awards.

### LITF Teams

This race will be scored as a team/individual event in the Long Island Track & Field XC Race Series. Registration in series is through LITF membership. All LITF rules apply for series scoring. Please see the LITF web site for more details: [www.long-island.usatf.org](http://www.long-island.usatf.org)

### More Info

Visit our web site [www.nrcrun.org](http://www.nrcrun.org) for more info and to register online.



## HEALTHY PEOPLE 1K FUN RUN

A 1K (0.6 mile) fun run will be held entirely on the golf course, starting at **9:30am**. Entry fee is \$5 and an authentic dog tag award and certificate of completion will be awarded to all finishers.

