

23rd Annual
**Runner's Edge-
TOBAY Triathlon & Tri-Relay**

SUNDAY, AUGUST 29, 2010

Theodore Roosevelt Memorial Park • Oyster Bay, New York

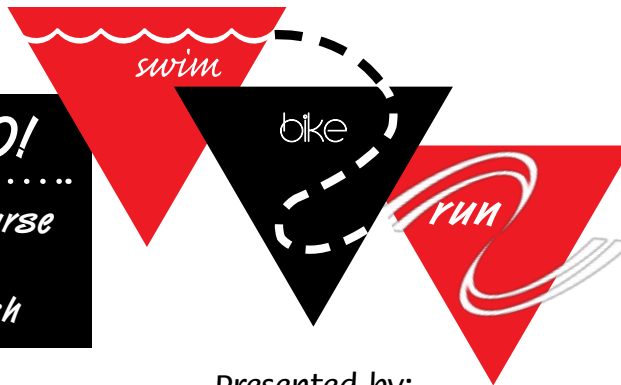
6th Annual

RUNNER'S EDGE-TOBAY Junior Triathlon

(For youth ages 8-13)

SATURDAY, AUGUST 28, 2010

Theodore Roosevelt Memorial Park • Oyster Bay, New York



NEW for 2010!

.....
New 1/2 Mile Swim Course
New Bike Course
New Run Course Finish

Presented by:

The Town of Oyster Bay



JOHN VENDITTO
TOWN SUPERVISOR



RUNNER'S EDGE-TOBAY Triathlon Clinic

Thursday, May 20, 2010 Details Inside...

Participating Sponsors



In Memory of

Gerald Kaufman, Triathlete and Good Friend

Proceeds donated to

Leukemia & Lymphoma Society • Gerald Kaufman Memorial Fund
Doubleday Babcock Senior Center, Oyster Bay

You can register online at www.glirc.org



2010 TOBAY Triathlon & Tri-Relay

DATE: SUNDAY, AUGUST 29, 2010

TIME: PLEASE ARRIVE BY 6:15 AM!! 1st "Wave" WILL GO INTO THE WATER AT 7:30 AM SHARP!!

COURSE: SWIM: 1/2 Mile in calm Oyster Bay Harbor
BIKE: 15 Kilometers (One Loop) , over hill & dale, thru beautiful Oyster Bay, Laurel Hollow, and Cove Neck. Fairly hilly but downhill and flat to the finish!!
RUN: 5 Kilometers thru Mill Neck & Brookville, "Up" to Planting Fields Arboretum & back "Down" to Roosevelt Park

SPECIAL:
ALL TOWN OF OYSTER BAY RESIDENTS RECEIVE A DISCOUNTED RATE!!

AWARDS:
TOP 10 OVERALL (M & F) + FIRST PLACE OVERALL RELAY TEAM
TOP 5 (M&F) MASTERS (40 plus)
TOP 5 M&F IN ALL AGE GROUP DIVISIONS AND TOP 3 M&F IN ALL "CLYDESDALE" & "ATHENA" DIVISIONS (Clydesdale and Athena will not be scored in age groups)
TOP 3 TEAMS IN EACH DIVISION OF THE RELAY
NO DUPLICATION OF AWARDS!

RULES: PLEASE NOTE: This is not a USAT event. You are racing at your age as of raceday!

YOU MUST BE AT LEAST 14 YEARS OLD TO COMPETE. (Youth between the ages of 8 and 13 are invited to compete on SATURDAY, AUGUST 28 in the RUNNER'S EDGE-TOBAY Junior Triathlon!)

YOU MUST BE BODY MARKED ON THE MORNING OF THE RUN PRIOR TO ENTERING THE WATER. (Save time by "self marking" your right calf, right shoulder and right hand with your race #, using a thick permanent magic marker)

YOU MUST WEAR THE BRIGHT COLORED SWIM CAP THAT WE PROVIDE!!

YOU MUST RACK YOUR BIKE IN THE ASSIGNED NUMBERED SPOT.

YOU MUST WEAR AN APPROVED HARD OR SOFT SHELL HELMET AT ALL TIMES WHILE ON THE BIKE, AND IT MUST BE STRAPPED BEFORE MOUNTING AND UNTIL AFTER DISMOUNTING!

NO ASSISTANCE TO A COMPETITOR BY ANY OTHER PERSON IS ALLOWED.

NO HEAD PHONES AT ANY TIME DURING THE COMPETITION!

TEAM MEMBERS MUST STAY IN DESIGNATED TRANSITION AREA, AREA WILL BE CLOSED. ABSOLUTELY NO NON-COMPETITORS (FAMILY, FRIENDS, ETC.) WILL BE ALLOWED IN THE TRANSITION AREA AT ANY TIME!!

MOST IMPORTANT OF ALL: PARTICIPANTS MUST PRACTICE GOOD SPORTSMANSHIP & BE COURTEOUS TO THE OTHER COMPETITORS AND THE EVENT STAFF AT ALL TIMES!!!!

(PENALTY FOR FAILURE TO OBEY ANY OF THE ABOVE RULES = DISQUALIFICATION! THIS WILL BE STRICTLY ENFORCED!

THIS IS AN EXCELLENT "FIRST TIMER'S RACE". It's Long Island's largest Tri and we will "tri" to once again make it the best! Please join us to compete or to volunteer!

Let's have some fun!

FOR FURTHER INFO CALL LINDA IN THE GLIRC OFFICE @ 516-349-7646

**PLEASE MAIL YOUR ENTRY IN EARLY!!
OR REGISTER ONLINE AT WWW.GLIRC.ORG**

**ACCEPTANCE OF ENTRIES WILL BE CUT-OFF ONCE OUR LIMIT OF 1200 ENTRIES IS RECEIVED!
Remember - This event sells out EARLY!**

PLEASE HELP US BE "GOOD NEIGHBORS" IN THE COMMUNITIES WHERE THIS EVENT IS STAGED.
Littering, painting messages on roadways, and discourteous actions of any kind are strictly prohibited and are grounds for immediate disqualification.
REMEMBER - we are "guests" in Oyster Bay, Oyster Bay Cove, Mill Neck, Upper Brookville, and Laurel Hollow, so please act in such a manner that we will be welcome guests.

You can register online at www.glirc.org

RACE PACKET PICKUP

The Runner's Edge
242 Main Street, Farmingdale
Wednesday, August 25, 2010 from 11:00am to 8:00 pm
Thursday, August 26, 2010 from 3:00pm to 8:00 pm
Friday, August 27, 2010 from 11:00am to 4:00pm

Theodore Roosevelt Memorial Park, Oyster Bay
Saturday, August 28, 2010
11:00am to 3:00 pm

Sunday, August 29, 2010
5:45 AM to 7:00 AM

SPECIAL EARLY PICKUP RAFFLE -Pickup Wednesday, Thursday, Friday or Saturday and be eligible to win one of three great prizes-one for each of the four days.

When you pick up your packet, please bring ID!!!! If you are picking up a packet for someone else, you **MUST** have a letter of authorization.

NOTE: Timing Chips can be picked up **ONLY** on Sunday morning!

NOTE: Registration can be verified online at www.glirc.org

TRIATHLON AGE GROUPS

14-19, 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 plus.
(Under 14? Join us for the Junior Triathlon on Saturday!)
Clydesdales: Male Open and Male Masters (40+) 205-219, 220+; Athenas: Female Open and Female Masters (40+) 140-159, 160+

SPECIAL NOTE REGARDING WAVE ASSIGNMENTS

The first Wave will be the elite, seeded wave. There will be a separate Wave for all Relay Teams, and a separate Wave for Clydesdale/Athena athletes. All other waves will be assigned by Age Group.

If you want to be placed in the same wave as a friend, you **MUST** request this on your Entry Form.

DIRECTIONS TO THEODORE ROOSEVELT MEMORIAL PARK

From the Northern State Parkway (Exit 35N) or the Long Island Expressway (Exit 41N), go north and bear **RIGHT** onto ROUTE 106.

Take 106 north (2 lanes) and continue for about 4 miles. After crossing over Route 25A, Route 106 becomes one lane in each direction. Stay on 106 into the hamlet of Oyster Bay.

Once in the hamlet go about 6 blocks and make a **LEFT** turn onto AUDREY AVENUE. Race site is about 4 blocks on your right.

ON TRIATHLON SUNDAY

Please park in the OUTER parking lot (Fireman's Field). Do **NOT** try to park in Roosevelt Park.

Please arrive no later than 6:15 AM!!!

Join Us for the

RUNNER'S EDGE- TOBAY Triathlon Clinic

Thursday, May 20, 2010 • 6:30 PM

Plainview-Old Bethpage Public Library
999 Old Country Road, Plainview, NY

Led by Coach Jose Lopez and the Long Island Tri Coach staff.

An invaluable evening for first time triathletes as well as those relative novices who would like their performance to improve dramatically!

Highlights include: a review of the course layout, and a review of the training program included in this application and other key ingredients for a successful triathlon experience.

Jose Lopez is a Level II USA Triathlon Coach with 25 years of experience competing and coaching. He has been the overall winner of several triathlons and duathlons, including the first TOBAY Tri in 1988. He is the head coach of the Leukemia & Lymphoma Society Team in Training, and is the President of Long Island Tri Coach, Racing Unlimited, Inc. and Power Spin, Inc.

Absolutely FREE!

No advance registration necessary!

JOIN US ON MAY 20.....

to be the best that you can be on August 29!

Join Us for the

JUNE, JULY, & AUGUST OUTDOOR CLINICS

Theodore Roosevelt Memorial Park

Presented by AquaFit Masters Swimming & Long Island Tri Coach

Dates to be announced on www.glirc.org and via email to all entrants

***We look forward to welcoming all of you to
Oyster Bay on August 28 and 29, 2010.***



Ray Farrell and Jose Lopez
Co-Directors



Linda Ottaviano and
Mindy Davidson
Event Coordinators



Runner's Edge is a
USAT Certified
Multisport Retailer

**The Premier Source For All
Your Running & Multi-sport Needs**

The Runner's Edge has been proudly serving the running and triathlon community for over 25 years.

We offer:

- Excellent customer service - Our friendly staff members are highly experienced runners & triathletes with a vast knowledge of running and multi-sports
- A huge selection of shoes, apparel & accessories for runners & triathletes
- Group runs from the store (bike and swim workouts are seasonal and weather permitting)

**We offer wetsuit rentals...
Call the store at
516 420-7963 for
more info.**

*Visit us today to experience for yourself
the knowledge and service of
Long Island's premier source for all your
running and triathlon needs.*



Photos courtesy of Jeff Frey

15% OFF
ANY OF YOUR TRIATHLON NEEDS

EXPIRATION DATE 9/30/10
MUST PRESENT COUPON AT TIME OF PURCHASE • NOT TO BE COMBINED WITH ANY OTHER OFFERS

Visit our website at
www.runnersedgeny.com

Use Coupon Code: RETOBAY at checkout for added savings!

242 Main Street • Farmingdale, NY 11735-2618
516-420-7963 or 1-877-RUN-EASY (877-786-3279) • Fax 516-420-9204 • Email: runneredge@aol.com
Store Hours: Mon.-Fri. 10:00am-6:00pm • Sat. 10:00am-5:00pm • Sun. 12:00pm-4:00pm

.....You can register online at www.glirc.org.....

OFFICIAL INDIVIDUAL ENTRY

PLEASE PRINT

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TOWN _____ STATE _____ ZIP _____

PHONE () _____ EMAIL**(See Note Below) _____

DATE OF BIRTH ____/____/____ AGE (AS OF 8/29/10) ____ SHIRT SIZE ____ SEX: MALE ____ FEMALE ____

SHOULD YOU BE IN THE FIRST WAVE (ELITE)? _____ 1 KILOMETER SWIM TIME? _____

TOTAL RACE TIME IN 2009? _____ (OR PREVIOUS YEAR?) _____

WEIGHT DIVISIONS: (IF YOU COMPETE IN CLYDESDALE OR ATHENA WEIGHT DIVISIONS YOU ARE NOT ELIGIBLE FOR AN AGE GROUP AWARD!

NO - DO NOT PUT ME IN A CLYDESDALE/ATHENA CATEGORY

YES - PUT ME IN A CLYDESDALE/ATHENA CATEGORY

(CHECK WEIGHT BELOW ONLY IF ENTERING CLYDESDALE/ATHENA CATEGORY!)

MALE 205-219 lb. _____ MALE 220 lb.+ _____ FEMALE 140-159 lb _____ FEMALE 160 lb.+ _____

ENTRY FEE FOR INDIVIDUALS

***Note: Town of Oyster Bay residents deduct \$10 from the fee below!

- \$60 POSTMARKED BY MARCH 31, 2010
- \$70 POSTMARKED APRIL 1- APRIL 30, 2010
- \$85 POSTMARKED MAY 1-MAY 31, 2010
- \$100 POSTMARKED JUNE 1-JUNE 30, 2010
- \$120 THEREAFTER UNTIL ENTRIES CLOSE

Please consider adding a donation to your entry fee to support our charitable beneficiaries \$ _____

REMEMBER: ACCEPTANCE OF ENTRIES WILL BE CLOSED ONCE OUR LIMIT OF 1200 ENTRIES IS RECEIVED!
(REFUNDS AVAILABLE up to July 31, 2010-JUST CALL)

PLEASE MAKE CHECK PAYABLE TO "GLIRC" and MAIL TO:

RUNNER'S-EDGE TOBAY Triathlon c/o GLIRC
101 Dupont Street, Suite 24
Plainview, New York 11803

All entries must include a COMPLETE entry form, a SIGNED waiver, and a check in the appropriate amount.
NO ENTRY CAN BE ACCEPTED WITHOUT A SIGNED WAIVER

****PLEASE INCLUDE YOUR EMAIL ADDRESS TO ENSURE THAT YOU RECEIVE ALL EVENT INFO IN A TIMELY MANNER!****

PLEASE FILL OUT THE ATHLETE INFORMATION SHEET ON PAGE 14 AND RETURN IT WITH YOUR APPLICATION

WAIVER, RELEASE AND INDEMNIFICATION FORM

Please Read Carefully Before Signing

In consideration of the acceptance of my entry into the RUNNER'S EDGE-TOBAY TRIATHLON and TRI-RELAY:

1. I hereby agree to comply with all the rules and regulations of this event and to comply with the instructions of the event director and staff.

2. For myself and for my heirs, next of kin, administrators, executors, successors and assigns, I hereby waive and release any and all claims, demands and causes of action that I might have against Nassau County, the Town of Oyster Bay, and all Villages on the course of the event, the Greater Long Island Running Club, JMS Racing Services, the Race Director, staff and volunteers, The Runner's Edge all other event sponsors, their employees, agents, representatives, successors and assigns, for any and all injuries and bodily harm arising out of my participation in the event and its related activities, whether or not arising out of the active or passive negligence of any one or more of such organizations or individuals.

3. I hereby acknowledge that I have sole and complete responsibility for my athletic equipment and other personal possessions at all times before, during and after the event.

4. I hereby acknowledge that this event is extremely strenuous, difficult and hazardous even under the most favorable of conditions. I understand that my participation in this event necessarily involves the risk of personal injury, sickness and death, including but not limited to those caused by my health and physical condition, any lack of hydration, the terrain, weather conditions, vehicular and boat traffic, pedestrian traffic, and other participants in the event. I understand and accept all these and all other risks and hazards inherent in this event and its related activities.

5. I hereby attest 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 or doctor of osteopathic medicine.

6. I hereby consent to receive such medical treatment which may be deemed advisable in the event of injury or illness during or after the event.

7. I understand and accept that parts of the course of this event will be on public roads that will not be closed to vehicular and pedestrian traffic. I fully accept the risks and hazards that this implies, and assume complete responsibility for my actions on all roads, streets, pathways and sidewalks.

8. I hereby grant permission to the Town of Oyster Bay, the Runner's Edge and the Greater Long Island Running Club to use any photographs, videotapes, motion pictures, recordings, and any other record of this event and my participation in same for any purpose whatsoever.

9. I further certify that I have read and fully understand all of the foregoing, that I completely understand the contents of the foregoing, and that I am voluntarily consenting thereto.

PRINT NAME: _____

SIGN NAME: _____

Parent's Signature if under 18 years old _____

*****PLEASE DON'T FORGET TO SIGN*****

INDIVIDUAL WAIVER: MUST BE SIGNED!



.....You can register online at www.glirc.org.....

OFFICIAL TEAM ENTRY

PLEASE PRINT

TEAM NAME: _____

SWIMMER

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TOWN _____ STATE _____ ZIP _____

PHONE () _____ EMAIL**(See Note Below) _____

DATE OF BIRTH ____/____/____ AGE (AS OF 8/29/10) ____ SHIRT SIZE ____ SEX: MALE ____ FEMALE ____

BIKER

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TOWN _____ STATE _____ ZIP _____

PHONE () _____ EMAIL**(See Note Below) _____

DATE OF BIRTH ____/____/____ AGE (AS OF 8/29/10) ____ SHIRT SIZE ____ SEX: MALE ____ FEMALE ____

RUNNER

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TOWN _____ STATE _____ ZIP _____

PHONE () _____ EMAIL**(See Note Below) _____

DATE OF BIRTH ____/____/____ AGE (AS OF 8/29/10) ____ SHIRT SIZE ____ SEX: MALE ____ FEMALE ____

5K RUN TIME _____

THREE PERSON TEAM (PLEASE CHECK ONLY ONE BOX)

MALE **FEMALE** **COED** **FAMILY**

FAMILY TEAM ENTRY MUST INCLUDE PARENT(S), IMMEDIATE CHILD(REN) AND/OR SIBLINGS

ENTRY FEE FOR TEAMS IS:

***Note: Town of Oyster Bay residents deduct \$6 from all fees (PER PERSON, TWO PERSON TEAMS PAY FOR TWO ONLY):
\$40 PER MEMBER POSTMARKED BY MARCH 31, 2010
\$45 PER MEMBER POSTMARKED APRIL 1-APRIL 30, 2010
\$60 PER MEMBER POSTMARKED MAY 1-MAY 31, 2010
\$70 PER MEMBER AFTER MAY 31, 2010

Please consider adding a donation to your entry fee to support our charitable beneficiaries \$ _____

REMEMBER: ACCEPTANCE OF ENTRIES WILL BE CLOSED ONCE OUR LIMIT OF 1200 ENTRIES IS RECEIVED! (REFUNDS AVAILABLE up to July 31, 2010- JUST CALL)

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TEAM WAIVER, RELEASE & INDEMNIFICATION: EACH TEAM MEMBER MUST SIGN!

TEAM WAIVER, RELEASE AND INDEMNIFICATION FORM

Please Read Carefully Before Signing

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1. I hereby agree to comply with all the rules and regulations of this event and to comply with the instructions of the event director and staff.

2. For myself and for my heirs, next of kin, administrators, executors, successors and assigns, I hereby waive and release any and all claims, demands and causes of action that I might have against Nassau County, the Town of Oyster Bay, all villages on the course of the event, the Greater Long Island Running Club, JMS Racing Services, the Race Directors, staff and volunteers, The Runner's Edge, and all other event sponsors, their employees, agents, representatives, successors and assigns, for any and all injuries and bodily harm arising out of my participation in the event and its related activities. whether or not arising out of the active or passive negligence of any one or more of such organizations or individuals.

3. I hereby acknowledge that I have sole and complete responsibility for my athletic equipment and other personal possessions at all times before, during and after the event.

4. I hereby acknowledge that this event is extremely strenuous, difficult and hazardous even under the most favorable of conditions. I understand that my participation in this event necessarily involves the risk of personal injury, sickness and death, including but not limited to those caused by my health and physical condition, any lack of hydration, the terrain, weather conditions, vehicular and boat traffic, pedestrian traffic, and other participants in the event. I understand and accept all these and all other risks and hazards inherent in this event and its related activities.

5. I hereby attest 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 or doctor of osteopathic medicine.

6. I hereby consent to receive such medical treatment which may be deemed advisable in the event of injury or illness during or after the event.

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8. I hereby grant permission to the Town of Oyster Bay,, the Runner's Edge, and the Greater Long Island Running Club to use any photographs, videotapes, motion pictures, recordings, and any other record of this event and my participation in same for any purpose whatsoever.

9. I further certify that I have read and fully understand all of the foregoing, that I completely understand the contents of the foregoing, and that I am voluntarily consenting thereto.

PRINT NAME: _____

SIGN NAME: _____

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3. I hereby acknowledge that I have sole and complete responsibility for my athletic equipment and other personal possessions at all times before, during and after the event.

4. I hereby acknowledge that this event is extremely strenuous, difficult and hazardous even under the most favorable of conditions. I understand that my participation in this event necessarily involves the risk of personal injury, sickness and death, including but not limited to those caused by my health and physical condition, any lack of hydration, the terrain, weather conditions, vehicular and boat traffic, pedestrian traffic, and other participants in the event. I understand and accept all these and all other risks and hazards inherent in this event and its related activities.

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Parent's Signature if under 18 years old

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.....You can register online at www.glirc.org.....

6th Annual
RUNNER'S EDGE-TOBAY JUNIOR TRIATHLON

(For youth ages 8-13)

SATURDAY, AUGUST 28, 2010 • 9:15 am Sharp first wave

Theodore Roosevelt Memorial Park • Oyster Bay, New York

200 Yard Swim • 2.5 Mile Bike • 1 Mile Run

OFFICIAL JUNIOR ENTRY

PLEASE PRINT

LAST NAME _____ FIRST NAME _____

STREET ADDRESS _____

TOWN _____ STATE _____ ZIP _____

PHONE () _____ EMAIL**(See Note Below) _____

DATE OF BIRTH ____/____/____ AGE (AS OF 8/28/10) ____ SHIRT SIZE ____ SEX: MALE ____ FEMALE ____

.....

MEDALS TO ALL FINISHERS

Race is limited to 250 youngsters

Packet Pickup for Juniors is on Saturday, August 28, 7:15 AM - 8:45 AM at
Theodore Roosevelt Memorial Park.

**No packets can be picked up after 8:45 AM!
PLEASE ARRIVE EARLY!**

Packets for Junior Triathlon may also be picked up at The Runner's Edge
on Wednesday, August 25 (11:00AM to 8:00PM) or on Thursday, August 26 (3:00PM to 8:00PM)
Friday, August 27 (11:00AM to 4:00PM)

All entries must include a complete entry form,
a parentally signed waiver, and a check for \$20

ENTRY FEE: \$20

Please consider adding a donation to your entry fee to support our charitable beneficiaries \$ _____

PLEASE MAKE CHECK PAYABLE TO "GLIRC" and MAIL TO:

RUNNER'S EDGE-TOBAY Triathlon c/o GLIRC
101 Dupont Street, Suite 24
Plainview, New York 11803

**All entries must include a COMPLETE entry form, a SIGNED waiver, and a check in the appropriate amount.
NO ENTRY CAN BE ACCEPTED WITHOUT A SIGNED WAIVER**

****PLEASE INCLUDE YOUR EMAIL ADDRESS TO ENSURE THAT YOU RECEIVE ALL EVENT INFO IN A TIMELY MANNER!****

PLEASE FILL OUT THE ATHLETE INFORMATION SHEET ON PAGE 14 AND RETURN IT WITH YOUR APPLICATION

WAIVER, RELEASE AND INDEMNIFICATION FORM

Please Read Carefully Before Signing

In consideration of the acceptance of my child's entry into the RUNNER'S EDGE-TOBAY JUNIOR TRIATHLON:

1. I hereby agree that my child will comply with all the rules and regulations of this event and to comply with the instructions of the event director and staff.
2. For myself, my child, and for my heirs, next of kin, administrators, executors, successors and assigns, I hereby waive and release any and all claims, demands and causes of action that I might have against Nassau County, the Town of Oyster Bay, The Runner's Edge, the Greater Long Island Running Club, JMS Racing Services, the Race Director, staff and volunteers, the Runner's Edge and all other event sponsors, their employees, agents, representatives, successors and assigns, for any and all injuries and bodily harm arising out of my participation in the event and its related activities, whether or not arising out of the active or passive negligence of any one or more of such organizations or individuals.
3. I hereby acknowledge that I have sole and complete responsibility for my child's athletic equipment and other personal possessions at all times before, during and after the event.
4. I hereby acknowledge that this event is extremely strenuous, difficult and hazardous even under the most favorable of conditions. I understand that my child's participation in this event necessarily involves the risk of personal injury, sickness and death, including but not limited to those caused by my health and physical condition, any lack of hydration, the terrain, weather conditions, vehicular and boat traffic, pedestrian traffic, and other participants in the event. I understand and accept all these and all other risks and hazards inherent in this event and its related activities.
5. I hereby attest that my child is physically fit, and has sufficiently trained for the completion of this event, and that my child's physical condition has been verified by a licensed medical doctor or doctor of osteopathic medicine.
6. I hereby consent that my child shall receive such medical treatment which may be deemed advisable in the event of injury or illness during or after the event.
7. I understand and accept that parts of the course of this event will be on public roads that will not be closed to vehicular and pedestrian traffic. I fully accept the risks and hazards that this implies, and assume complete responsibility for my child's actions on all roads, streets, pathways and sidewalks.
8. I hereby grant permission to the Town of Oyster Bay, the Runner's Edge and the Greater Long Island Running Club to use any photographs, videotapes, motion pictures, recordings, and any other record of this event and my child's participation in same for any purpose whatsoever.
9. I further certify that I have read and fully understand all of the foregoing, that I completely understand the contents of the foregoing, and that I am voluntarily consenting thereto.

ENTRANT'S NAME: _____

PARENT'S NAME: _____

PARENT'S

SIGNATURE: _____

*** WAIVER MUST BE SIGNED BY PARENT!***

RULES AND REGULATIONS FOR THE RUNNER'S EDGE-TOBAY JUNIOR TRIATHLON

1. The first wave of the Runner's Edge-TOBAY Junior Triathlon will start in the beach area promptly at 9:15 AM. Packet pickup will end at 8:45 AM.
2. Every child must wear the brightly colored swim cap that we provide, and must wear the bib number that we provide on the front of his or her shirt.
3. Every child must wear an approved hard or soft shell helmet at all times while on the bike, and it must be strapped before mounting and until after dismounting.
4. Every child who finishes will receive a medal when he or she crosses the finish line.
5. Finally, and most important of all, keep in mind that this event is intended to be FUN for the children rather than a cutthroat competitive event. Please refrain from doing anything that would be inconsistent with the spirit of the event, or that would potentially jeopardize any child's safety or potentially interfere with any child's enjoyment of the event. Courtesy and sportsmanship should be practiced by both parents and children at all times!



AN INTRODUCTION TO COMPETING IN THE RUNNER'S EDGE-TOBAY TRIATHLON

The RUNNER'S EDGE-TOBAY Triathlon is a multifaceted event consisting of a 1/2 mile swim (First) a 15 Kilometer bike (Second) and a 5 Kilometer run (Third).

RUNNER'S EDGE-TOBAY Triathlon is considered a "sprint" triathlon.

Step-by-step outline of the RUNNER'S EDGE-TOBAY Triathlon

GETTING READY

You should plan on arriving at Theodore Roosevelt Memorial Park at least one and a quarter hours and preferably one and a half hours before the 7:30 AM start of the event. This will allow you plenty of time to do the following:

1. Unload and setup your Bike in the "Transition Area" and place anything you want to alongside your bike (towel, helmet, water, running shoes, bike shoes, bike shorts, t shirt, etc).

2. If you didn't pick up your race "Packet" on Wednesday, Thursday, Friday or Saturday, you need to do so on Race Day in the Registration Area. The Packet will include your commemorative shirt, a Running # (Bar Coded), a Bike #, a bathing cap (ours must be worn), and the Timing "Chip", which must be worn on the ankle throughout the entire Race. You must also get your Number marked on your body. No Timing Chips will be distributed Wednesday, Thursday or Saturday; you must pick up your Chip Sunday even if you have picked up your Packet in advance. **Please note that the "Chip" MUST be returned after you cross the finish line!!!!**

3. Go back to your Bike to attach your Running # to the front of the shirt you intend to run in, or to your shorts if you intend to run sans shirt (Ladies, please, we have no permit for you to do this!). Your Bike # should also be put on your bike at this time.

4. Acquaint yourself with all parts of each of the courses (if you haven't already done so) so that you have no confusion once the Race starts. (Unfortunately, three leading contestants in 1994 were disqualified for going off course!) PLEASE NOTE THE CHANGES ADOPTED FOR THE BIKE AND RUN COURSES.

5. Warm-up by jogging or swimming. If you want to warm up on your bike, please leave the Park area to do so.

RACE DAY

1. The RUNNER'S EDGE-TOBAY Triathlon features a "Wave" Start, so that not everyone enters the water at the same time. The waves are assigned using a variety of criteria with the "Seeded" athletes going first. If you want to be placed in the same wave as a friend, please so indicate on your entry form. Note: The color of your bathing cap will tell you which wave you are assigned to.

2. Once in the water (waist-high) swimmers should "seed" themselves, with the more proficient swimmers in front and the less proficient swimmers in back. Feel free to warm up in the water, but always listen for last minute instructions from the Race Director. Please keep the buoys on your left. The yellow buoys are the "turn" buoys.

3. When you exit the water after completing the swim, walk or run over the carpet to the Transition Area. Take as little or as much time as you need to properly prepare for the bike leg of the Tri. You must buckle your helmet before mounting your bike!!

Note: There is no private area for getting out of your wet bathing suit. Just slip on your bike shorts and off you go. (You might want to use Vaseline or Body Glide to prevent chafing).

4. When you have finished the bike leg, please wait until after dismounting to unbuckle your bike helmet). Then rack your bike and take as little or as much time as you need to properly prepare for the run leg of the Tri. Then head out and complete the Run, cross the finish line with a big smile for the photographers, and you have successfully completed the RUNNER'S EDGE-TOBAY Triathlon!

Congratulations!

(Note Again: You must return the timing chip after you cross the finish line.)



GOOD LUCK!

KEY INGREDIENTS FOR A SUCCESSFUL TRIATHLON EXPERIENCE

- Do workouts based on time, not distance. Distance will come with time!
- Keep intensity low to moderate on all long swim, bike and run days.
- Always ease into each workout and cool down towards the end of each workout.
- Train with a friend or with a Sport Specific Group, i.e. Master's Swim Team, local running club, local bike club. This will faster establish a strong foundation on which to build upon come Race Day...and make for a more enjoyable training program.
- Train on the Runner's Edge-TOBAY course, or on a similar terrain with hills, once every two or three weeks.
- Do at least one or two open water swims - there are no lines at the bottom of Oyster Bay!
- Keep a training log and use it as a reference to past workouts and as a motivational tool for future workouts.
- Get bike properly fitted; comfort is paramount.
- Run in sneakers that best accommodate your foot strike; seek out a responsible specialty running store.
- MOST IMPORTANTLY - Gain support from your family and close friends before taking on such a training program. Your ability to deal with daily life happenings like jobs, personal chores and other responsibilities and commitments will be less stressful if everyone in your life is on board!

HEALTHFULLY,

Coach Jose Lopez, President
www.longislandtricoach.com

TRIATHLON CHECKLIST

FOR THE SWIM

- | | |
|--|--|
| <input type="checkbox"/> SWIM SUIT | <input type="checkbox"/> NOSE CLIPS* |
| <input type="checkbox"/> SWIM CAP (OURS) | <input type="checkbox"/> EAR PLUGS* |
| <input type="checkbox"/> GOGGLES | <input type="checkbox"/> WET SUIT (OPTIONAL) |
- Wetsuit rentals are available at the Runner's Edge

TRANSITION AREA

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> TOWEL | <input type="checkbox"/> FIRST AID 'STUFF' |
| <input type="checkbox"/> SUNSCREEN* | <input type="checkbox"/> FOOD* |
| <input type="checkbox"/> VASELINE | |

FOR THE BIKE

- | | |
|--|--|
| <input type="checkbox"/> BICYCLE | <input type="checkbox"/> SOCKS* |
| <input type="checkbox"/> BIKING GLOVES* | <input type="checkbox"/> SUNGLASSES* |
| <input type="checkbox"/> HELMET | <input type="checkbox"/> AIR PUMP |
| <input type="checkbox"/> WATER BOTTLE | <input type="checkbox"/> PATCH KIT |
| <input type="checkbox"/> BIKING SHOES* | <input type="checkbox"/> SPARE TIRE/TUBE |
| <input type="checkbox"/> JERSEY or T SHIRT | <input type="checkbox"/> TOOLS |

FOR THE RUN

- | | |
|---------------------------------|---|
| <input type="checkbox"/> SHIRT | <input type="checkbox"/> HAT/SUN VISOR* |
| <input type="checkbox"/> SHORTS | <input type="checkbox"/> SWEAT BAND* |
| <input type="checkbox"/> SOCKS* | <input type="checkbox"/> SHOES |

GENERAL

- CHANGE OF CLOTHES

* OPTIONAL ITEMS

RUNNER'S EDGE-TOBAY Triathlon Clinic

Thursday, May 20, 2010 • 6:30 PM

Plainview-Old Bethpage Public Library • 999 Old Country Road, Plainview, NY • Led by Coach Jose Lopez

Everyone Welcome!

SUCCESSFULLY TRAINING FOR YOUR FIRST RUNNER'S EDGE-TOBAY TRIATHLON

12 week training session starting on June 7

S=SWIM B=BIKE R=RUN +=COMBO WORKOUT • (All workouts are expressed in TIME (minutes and hours) NOT distance!)

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL TIME
1. JUNE 7-JUNE 13	S-25,R-25	B-30	S-20,R-15	REST	B-30	B-50	S-15,R-30	3:50
2. JUNE 14- JUNE 20	REST	S-30,B-40	R-25	B-50,R-15	REST	S-15,B-1:00	S-25,R-35	4:40
3. JUNE 21-JUNE 27	REST	S-20	B-50	S-15,R-20	REST	B-50	R-25	3:00
4. JUNE 28- JULY 4	S-35,R-20	B-40	S-30,R-25	REST	B-45	B-1:10	S-25,R-35	5:25
5. JULY 5- JULY 11	S-40,R-30	B-50	S-35,R-35	REST	B-45	B-1:20	S-30,R-45	6:30
6. JULY 12- JULY 18	REST	S-30,B-25	R-20	B-40+,R-10	REST	B-50	S-20,R-25	3:40
7. JULY 19-JULY 25	S-45	REST	S-30,R-35	REST	B-45	B-1:30,R-15	S-30,R-50	6:30
8. JULY 26-AUG 1	S-50	B-50	S-35,R-25	REST	B-35	B-1:30,R-15	S-20,R-50	6:30
9. AUG 2-AUG 8	REST	S-30,B-25	R-20	B-40+,R-10	REST	B-50	S-20,R-25	3:40
10.AUG 9-AUG 15	B-40	REST	S-45,B-45	R-40,S-25	REST	S-15, R-30	B-1:00+,R-15	5:00
11.AUG 16-AUG 22	S-40	B-40	R-30	B-30	S-20,R-30	B-50	REST	4:00
12.AUG 23-AUG 29	S-25,R-20	REST	B-45-1:00	S-20	REST	B 15-20,R-10	RE-TOBAY TRI	2:50

A GUIDE TO THE COURSE OF THE RUNNER'S EDGE-TOBAY TRIATHLON

SWIM COURSE: (approximately 1/2 mile) starts on boat ramp and goes off in waves. Please “seed” yourself in the front, middle or back of your wave based on your swim ability. Orange buoys will demark the course. There will be plenty of in-the-water support should anyone need it.

BIKE COURSE: (approximately 9.3 miles) The bikes will be racked in the large area on your right as you enter the park. (Again, no one other than triathletes will be allowed in this area!). The course heads toward and along the beach at the start, exits out the back of the park (near the marina) at the foot of South Street, and makes a left onto East Main Street. It continues on East Main, and bears right as East Main channels into Cove Road. Head south on Cove Road for about 1.5 miles until you turn Left onto Moore’s Hill Road. (This uphill is only .3 mile but is very steep). If you walk here please stay to the right!) On the other side of the hill go past the Police booth to Stewart, make a right and continue until Route 25A, make a right and continue west on 25A for about 2 miles (the last mile is uphill). Turn right onto Berryhill Road. This road becomes a very fast downhill and leads to a right turn onto McCouns Lane. Continue on McCouns to a sharp left turn onto East Main Street. There will be 2 way bike traffic for 3 blocks on East Main Street until you cross South Street and East Main Street becomes Audrey Avenue, so please stay to your left and proceed with care. You will be making a right turn to re-enter the Park. Continue to the bike finish (back at the bike racks). Please , please slow down and dismount your bike at the railroad tracks! Once in the Park, bear Right into the transition area and jog to your bike rack area.

RUN COURSE: (3.1 miles) Cross over the Long Island Railroad tracks onto Larabee Avenue. Turn left at the traffic light onto West Main Street. Make a right onto Underhill Avenue and a right onto Mill River Road. Turn right onto Glen Cove Road, staying on the left side of the street, and proceed up the very steep hill until you make a left onto Planting Fields Road. Proceed about 100 yards past the entrance to the Planting Fields Arboretum, where you will “turn around” and return back down Planting Fields Road. Turn right onto Glen Cove Road, and proceed down the hill. Turn left onto Lake Avenue. At the big intersection head straight onto West Shore Road. Make a right immediately past the LIRR overpass onto Beekman Beach and proceed on a 200 yard straightaway to the finish.

GOT TIME? GOT ENTHUSIASM?

Come out and volunteer at one of the following events!

The RUNNER’S EDGE-TOBAY Junior Triathlon

(for youth ages 8-13) on Saturday, August 28, 2010

or the

The RUNNER’S EDGE-TOBAY Triathlon

on Sunday, August 29, 2010

Please send in the tear-off below and you won’t be sorry!

You’ll have a great time....and you’ll be giving back to the wonderful multisport community!

YES, I’d like to volunteer at the

Wednesday, August 25
Packet Pickup at Runner’s Edge (11:00am - 8:00pm)

Friday, August 27
Packet Pickup at Runner’s Edge (11:00am - 4:00pm)

Saturday, August 28
RUNNER’S EDGE-TOBAY Junior Triathlon

Thursday, August 26
Packet Pickup at Runner’s Edge (3:00pm -8:00pm)

Saturday, August 28
Packet Pickup at Roosevelt Park (11:00am - 3:00pm)

Sunday, August 29
RUNNER’S EDGE-TOBAY Triathlon

Assignment preferred:

(if you choose Registration, you can also choose Finish Line, Refreshments or Awards Ceremony Assistance)

- Registration Finish Line Water Stop Course Guide Refreshments
 Awards Ceremony Transition Area

Name: _____ Address: _____
Phone _____ Email: _____

Got questions? E-mail Mindy Davidson, Coordinator of Volunteers at mindyruns@aol.com

Mail to: Mindy Davidson • P.O. Box 1172 • North Massapequa, New York 11758

***RUNNER'S EDGE-TOBAY Triathlon & Tri-Relay
ATHLETE INFORMATION SHEET***

**In order to get to know our participants a little better,
we ask that you provide the following information
for our announcers at the start and at the finish line.**

PLEASE RETURN THIS SHEET WITH YOUR APPLICATION OR EMAIL THE INFORMATION TO spolansky@aol.com

Name: _____ Town: _____

Age: _____ Sex: _____ Participating as: _____ Individual _____ Part of Relay Team*

*Team Name: _____

Other Team Members _____

Number of Years Participating in the RUNNER'S EDGE-TOBAY Triathlon _____

Any special rivalries? _____

Reason for participating _____

Strongest event? _____

Favorite Triathlon story _____

Anecdote or anything else you would like to tell us about yourself or your triathlon experiences?

Friends or family who will be with you on Race Day? _____

A word about the...

GERALD KAUFMAN MEMORIAL FUND

Gerry Kaufman, one of the Founding Fathers of the Greater Long Island Running Club and one of Long Island's first triathletes a quarter of a century or more ago, passed away on December 24, 2006. Gerry crossed the final finish line far too soon, but he went out a winner.

A special Memorial Fund has been established, whose sole purpose is to provide assistance to local multisport athletes and their families in times of personal financial emergency, and a portion of the proceeds of the 2010 RUNNER'S EDGE-TOBAY Triathlon will be donated to the Fund. In addition, if you can add an additional contribution to your entry fee as a donation to the Fund and our other charitable beneficiaries it would be very much appreciated.



A word about the...

DOUBLEDAY BABCOCK SENIOR CENTER

We are pleased to be able to "give back" to the Oyster Bay community that is the home of the Runner's Edge-TOBAY Triathlon by designating the Doubleday Babcock Senior Center as one of the beneficiaries of the event.



Established in 1977, Doubleday Babcock Senior Center, located at 45 East Main Street in Oyster Bay, is a non-profit, multi-purpose, community based center offering resources to people over 50 residing

in Oyster Bay and its environs. Open weekdays from 8:30AM to 4:30PM and select evenings, it offers lunch, roundtrip transportation, social services, a non-emergency medical transportation service, a home care referral service, a shopper's bus, adult day care service with care giver support as well as an extensive health and wellness program which includes 15 unique classes. There are no membership fees to join the Center and anyone residing in Nassau County can join.

....And a very special

Thank You

to

**Oyster Bay Town Supervisor
John Venditto**

**Oyster Bay Parks Commissioner
James Byrne**

and to all the great employees of the
Town of Oyster Bay Parks Department
for their outstanding support of the
RUNNER'S EDGE-TOBAY Triathlon
and for recreational sports generally!



JOHN VENDITTO
TOWN SUPERVISOR



Promoting a healthy lifestyle through
TRAINING, RACING & CAMARADERIE

Our Team consists of members of all ability levels, from newbies to experienced athletes, from local, regional, national and International award winners, to those just looking to have fun and train with one another.

For more information or to join our team
email us at
runnersedgetri@optonline.net



Photos courtesy of Jeff Frey



101 Dupont Street, Suite 24
Plainview, New York 11803

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