

Welcome to the 15th Annual Caumsett State Park 50K Championship & GLIRC 25K Run!!

Thanks for your registration! We hope you are all looking forward to a great day of running in beautiful Caumsett State Park on Sunday, March 3rd. The long range weather forecast is partly cloudy with temps in the mid to upper 30's.

A few last minute instructions are outlined below:

1) For those coming in from New York City, transportation is provided from Cold Spring Harbor Train Station for the following trains:

5:53AM from Penn Station arriving in Cold Spring Harbor at 6:51AM

6:21AM from Penn Station, also leaves Atlantic Ave* at 6:21 (*you must switch trains at Jamaica) and Jamaica at 6:44AM, arriving at Cold Spring Harbor at 7:21AM.

PLEASE let us know if you are taking the train, including the arrival time, so we can make sure we have a large enough vehicle to accommodate everyone. YOU MUST RESPOND to us by email at info@glirc.org that you will need a pick up. If we do not, we cannot guarantee a ride.

2) Transportation will be provided from the host hotel, the Melville Marriott at 6:45 AM. Again, please let us know if you will be requiring transportation by emailing us at info@glirc.org.

3) Upon arriving at the park you will be directed to race parking. Please note race participants are NOT to park in the paved lot on the right near entrance and "No Parking" at the Winter Cottage.

4) There are bathrooms by the parking lot as well as by the east side of the mansion on the course. There are also porta-potties available near the start and finish area and at the fluid aid station at the half way point.

5) The course is a 5K loop. The 25K is made up of 5 loops and the 50K is 10 loops. There is a heated tent at the start of the race. There is a small baggage area by the main tent. If you are planning on leaving bags in the tent, (at your own risk) we suggest labeling the bags clearly. There is an aid station at the end of every 5K loop with fluids and snacks and an aid station at the halfway point with fluids only. Bathrooms are available at the end of each 5K loop and at the half way point. There are also heated bathrooms by the east side of the mansion.

6) There will be a table to sign up for USATF prior to the race for an annual membership fee of \$30 (cash or check only). If you are competing in the 50K National Championship you MUST be a USATF member.

7) Please check at registration that you are signed up for the correct race and that your USATF status is correct.

8) The 50K starts at 8:30AM and the 25K starts at 8:35AM.

9) Awards will be given out as soon as practicable during the race.

10) Runners in the 50K may use their marathon time as a Boston qualifier but ONLY if they complete the full race. There will be a clock at the marathon mark and each time you pass it your time will be recorded. Those in the 50K Championship race MUST wear a back number. Numbers must be visible at all times.

11) *Athletes who participate in National Championships and Team USA competitions are subject to drug testing performed by the U.S. Anti-Doping Agency (USADA) in accordance with the USADA Protocol for Olympic and Paralympic Movement Testing.*

12) Temperatures are expected to be moderate this year, but parts of the Park are very exposed to the elements. Please dress accordingly.

12) The course will close for both races at 3:30PM.

13) A COURSE MAP IS ATTACHED

14) An application with directions and other race information for your reference is available on Runsignup.

15) Please allow about 7-10 minutes to walk from the parking lot to race registration.

16) NYS regulations DO NOT permit pets in State Parks!

17) Prerace packet pickup is available on Saturday, March 2nd from Noon to 5PM at Super Runners Shop, 355 New York Avenue, Huntington, and race day at Caumsett from 7:00AM to 8:15AM in the tent.