



Presents the
28th Annual



Help us celebrate
Long Island's Finest



DATE AND TIME

7:00 PM Thursday evening, June 6, 2019

DISTANCE

5 Kilometers (3.1 miles)

LOCATION

Eisenhower Park, East Meadow
(Take Northern Parkway or Southern Parkway
to Meadowbrook Parkway to Stewart
Avenue/ Eisenhower Park Exit.)

AMENITIES

Special giveaways to everyone who enters!

CHECK IN

Eisenhower Park-Field House (Between
Parking Field #1 and Parking Field #2)
5:15 pm to 6:45 pm on day of race.

ENTRY FEES

\$25 Preregistered
\$22 GLIRC member preregistered
50% discount preregistered
High School and younger
\$30 Day-of-Race
Register online at www.glirc.org.
Online registration closes 9:00 AM on
June 6th

COMPUTERIZED TIMING & RESULTS

JMS Racing Services. Results posted on
www.glirc.org and jmsresults.com

Thursday, June 6, 2019
7:00 P.M.

5 Kilometers (3.1 miles)

Eisenhower Park
East Meadow, New York

PROCEEDS

All proceeds to Police Crisis Fund to aid law
enforcement officers and their families in
emergencies!



Pictured here as they announce plans for the 28th annual David Lerner Long Island Police Appreciation Run are (L to R) Suffolk County Police Running Club President Joshua Parsons, David Lerner Associates Executive Vice President Marty Walcoe, David Lerner Associates President John Dempsey, Greater Long Island Running Club President Mike Polansky, Nassau Police Running Club President Alan Hirsch, David Lerner Associates Senior Vice President and retired NCPD Detective Alex Barnych, and Nassau Police Running Club Secretary/Treasurer Joanne Distler

AWARDS

- Top Male OA
- Susan Lipsig Memorial Award to Top Female OA
- Top 3 males and 3 females in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+
- Wheelchair

LAW ENFORCEMENT DIVISION

- Top Three Male Finishers
- Top Three Female Finishers
- Top Three Male Masters Finishers
- Top Three Female Masters Finishers
- No duplication of awards, BUT Law Enforcement entrants who do not win a

Law Enforcement Division Award will be eligible for age group awards!

SPECIAL "BRAVEST/FINEST" AWARDS

to the Open and Masters male and female runners with the fastest combined times in the David Lerner Associates Long Island Police Appreciation Run on June 6th and the D.C. Raymond Downey "Forever Running" 5K Run on June 16th.

**Join us to
support our "Bravest"
and our "Finest."**

DAVID LERNER ASSOCIATES INC. POLICE RUN 5K • JUNE 6, 2019

Make checks payable to: GLIRC / Police Crisis Fund • Mail to: GLIRC, 101 DuPont Street, Suite 24 Plainview, NY 11803

First Name _____ Last Name _____

Age (on race date) _____ Date of Birth: _____ ☐ Male ☐ Female

Special Category: ☐ Wheelchair ☐ Law Enforcement Division: Dept./Agency _____

Address _____ Town _____ State _____ Zip _____

Phone # () _____ email _____

☐ Yes, I am a GLIRC member ☐ Additional contribution to Police Crisis Fund \$ _____

Please complete entry blank, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, hereby waive, release and hold harmless THE GREATER LONG ISLAND RUNNING CLUB, THE COUNTY OF NASSAU, DAVID LERNER ASSOCIATES, USATF, JMS Racing Services, and their representatives, successors, and assigns, for 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. 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 or Doctor of Osteopathic Medicine. If signed by a parent, the parent agrees to release and hold the above-named organizations and personnel harmless of any claims and rights which may be asserted on behalf of the entrant. Further, I hereby grant permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatever.

Signature: _____

If under 18 years old, signature of parent or guardian: _____