

**THE ST. CLEMENT TRACK  
TEAM  
LONG STRIDE 2010  
A ONE MILE RUN/WALK  
THROUGH THE COMMUNITY**



**Saturday,  
October 16, 2010  
RAIN OR SHINE**

**STARTING TIMES**  
Race Number Pick up - 8:15 to 9:45 AM  
1 Mile Run/Walk - 10:00 AM  
*Rain or Shine*

**Course:** A one mile run/walk: starts on 141<sup>st</sup> Street and proceeds north to 116<sup>th</sup> Avenue where you go around Drew Memorial Park and head back to St. Clement. Lavatory and Dressing facilities available.

**Registration:** Pre-Registration: **\$10** (received BEFORE October 11, 2010) includes designer T-Shirt. NOTE: T-Shirts are only guaranteed for those who pre-register. After October 11th and RACE DAY Registration **\$13** (T-shirts while they last). Current St. Clement Track Team members can register for **\$5**.

**Day of Race Registration** will be held at St. Clement Hall from 8:15 to 9:45 AM.

**LIMITED TO first 200 entrants. ENTER NOW!!**

**REGISTRATION CLOSSES** at 9:45 AM promptly!

**Awards:** Awards will be presented immediately after the race to the following age group winners:

- 12 & under; 13 to 19; 20 to 39; 40 to 54 and Over 55.
- Special Awards will be presented to the oldest participant, and the 100th finisher!

The **Manny Ramjohn Award** will be presented to the male and female winner on the 12 & under age group.

The Award ceremony will be held in St. Cement Hall immediately following the completion of the race.

**THERE WILL BE NO DUPLICATION OF AWARDS. POST RACE REFRESHMENTS AND RAFFLES — You must be present to win.**

**Location:** 141-11 123<sup>rd</sup> Avenue; one block east of the VanWyck Expressway.

**Make checks payable to: St. Clement Track Team  
c/o St. Clement Church at 141-11 123rd Avenue,  
Jamaica, NY 11436**

**NO REFUNDS, EXCHANGES OR TRANSFERS**

**CIRCLE YOUR T-SHIRT SIZE:  
S M L XL**

Last Name  First Name

Mailing Address  Include Apt. No. and/or C/O

City or Town  State  ZIP Code

E-Mail Address (Optional)

Sex  M  F Age on Race Day:  Birthday Mo.  Day  Yr.

Area Code  Phone Number

Check here to be notified of future events

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages against St. Clement, and all sponsors, their representatives, successors, and assigns, for any and all injuries suffered to me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parents Signature: \_\_\_\_\_