NEWS RELEASE

New York State Office of Parks, Recreation and Historic Preservation
Long Island Region
P.O. Box 247, Babylon, New York 11702

Andrew M. Cuomo, Governor
Rose Harvey, Commissioner

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FOR IMMEDIATE RELEASE

STATE PARKS SUMMER RUN SERIES

(Babylon, New York, March 18, 2013…) Attention all Runners!!! Get ready for another exciting Long Island State Parks' Summer Run Series. Sign up, and be part of the most successful running series on Long Island, sponsored by Long Island State Parks, along with our corporate contributors: WBAB Radio Station (102.3 FM), WBLI Radio Station (106.1 FM), Newsday, New Living Magazine, and Super Runners Shop. This eight week running series offers island-wide competition, exciting prizes, free refreshments and Long Island's Largest Finale Hero Party!

The schedule is as follows:

June 17	Heckscher State Park	5 Miles
June 24	Sunken Meadow State Park	10 K
July 1	Belmont Lake State Park	5 K
July 8	Bethpage State Park	5 K
July 15	Hempstead Lake State Park	4 K
July 22	Caumsett State Historic Park	5 K
July 29	Robert Moses State Park	5 K
August 5	Jones Beach State Park	5 Miles

All races start at 7 PM. Races at Heckscher, Caumsett , Robert Moses, and Jones Beach State Parks are all wheelchair accessible.

TIER 1 REGISTRATION - $60 per Registrant

- Includes all 8 races
- All applications postmarked April 1 – May 17, 2013 will be placed in Tier 1
- Must be postmarked by May 17, 2013
- **The race committee reserves the right to limit entries into Tier 1, if needed**

TIER 2 REGISTRATION - $45 per Registrant

- Includes 4 races only: Heckscher, Sunken Meadow, Robert Moses, Jones Beach
- Available only After May 17, all applications postmarked May 18 – June 7, 2013 will placed in Tier 2
- Must be postmarked by June 7, 2013

NO SINGLE RACE REGISTRATION AVAILABLE

Register online: www.flrrt.com or www.active.com for Tier 1 and Tier 2. For an application and additional information, please call (631) 321-3510, weekdays, 9AM – 5PM. Please visit our website at www.nysparks.com for more information about our beautiful New York State Parks. Visit the Long Island Region's Recreation Department on Facebook.

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