

101 Dupont Street, Suite 24
Plainview, NY 11803



Bethpage
Federal Credit Union



Presents...

THE 1ST ANNUAL

**BETHPAGE DAY 5K,
TARA COSTA RUN FOR
EDUCATION AND FITNESS**

October 3, 2009

5K Run/Walk 9:30 AM

Kids Fun Run 9:15

Town of Oyster Bay Ice Skating Center at
Bethpage Community Park

**MEET TARA COSTA
FROM NBC'S
"THE BIGGEST LOSER"**

Join us for Bethpage Day...

The Bethpage High School Eagles
Football Homecoming Day
5K Run/Walk and Kids Fun Run
Tara Costa Fitness Fair



Stay for the the Parade and Football Game!



All proceeds going to the
Bethpage Educational
Foundation

WWW.BETHPAGE5K.COM

NON-PROFIT
U.S. Postage
PAID
Hicksville, N.Y.
11801
PERMIT NO. 22

COURSE _____

FLAT, Fast 3.1 mile run on the streets of
Bethpage and Plainview finishing in our brand
new Bethpage High School sports complex

REGISTRATION _____

Entry fee. \$18.00 Day of Race. \$25.00

Day of race registration and number pickup
starting at 8:15

Timing by Tri and Duit

Check in: Town of Oyster Bay Ice Skating Center
at Bethpage Community Park

1001 Stewart Avenue

Bethpage, NY 11714

(516) 433-7465

FREE FUN RUN _____

Children 10 and under

DIRECTIONS _____

Northern State Parkway, or the Long Island
Expressway(495) to the Seaford Oyster Bay
Expressway (Rt. 135) south to exit 9 (Broadway).
Make a right at light and stay to your right onto
Cherry Ave. Follow Cherry ave. directly to the
T.O.B Ice Skating Center.

From the Southern State Parkway go north on
Seaford Oyster Bay Expressway(Rt.135) to Exit 9
(Broadway), follow above directions from exit 9.

AMENITIES _____

Tara Costa Fitness Fair

Tee shirts to all 5k participants

Pre and post race refreshments

RAFFLES and D.J.

AWARDS

"BETHPAGE CUP" TROPHY TO FIRST MALE AND FEMALE BETHPAGE RESIDENT

First Male and Female overall

Age group awards: 0-14, 15-19, 20-24, 25,29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 75-79, and 80+

Stay for the Tara Costa Fitness Fair!!!
10:00 am- 1:30 pm



Tara Costa was a contestant on the 7th season of

Biggest Loser in the second couples series. She joined the show with her friend Laura Denoux. Denoux was sent home on the first episode, but was able to

return after Costa was able to stay in the game for 30 days. Tara made it into the finale with an amazing weight loss of 155 lbs.



For more information call
Race Director, Victor Macaluso
at 516 938-5560 or
email victormac@verizon.net

THANK YOU!

TO OUR HIGHLY SUPPORTIVE SPONSORS

Presenting Sponsor



Fitness for the Body, Mind & Soul.
A Complete Fitness Facility.



Go Fair.



Long Island Athletic Supply Inc.



Register online at WWW.BETHPAGEDAY5K.COM

Bethpage Day 5K • October 3, 2009 • Bethpage Educational Foundation, P.O. Box 394, Old Bethpage, NY 11804
Make checks payable to Bethpage Educational Foundation

First Name _____ Last Name _____
 Address _____
 Town _____ State _____ Zip _____
 Phone # () _____ email _____
 Date of Birth: ____/____/____ Age (on race date) _____ Shirt Size: _____ Xtra Large _____ Large _____ Med _____ Small _____

I, the undersigned, hereby waive and release any and all rights and claims I may have against the Town of Oyster Bay, The Town of Bethpage, The Bethpage Educational Foundation, Bethpage School District, Any and all of the race officials, volunteers, and all the sponsors for damages which I may have arising out of said event. I am physically fit and have trained for this race. By making this application I warrant that my physical condition has been verified by a licensed medical doctor. I hereby grant full permission to any and all the foregoing to use any pictures or any other record of this event for any purpose whatsoever. If signed by a parent on behalf of a minor, the parent agrees to the foregoing on behalf of such minor and the parent.

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