



USATF
LONG ISLAND

★ 5K CHAMPIONSHIP ★

LONG ISLAND
TRACK & FIELD 2017



SUNDAY, JUNE 25, 2017
★ 5:00 PM START ★



New York
Community Bank
Member FDIC



- | | |
|-----------------|-------------------------------|
| Runner's Edge | Bacaro Tavern |
| Omega Storage | Glen's Dinette |
| Sunrise Cyclery | Park Dental |
| REACT | Massapequa
Funeral Home |
| JP Chiropractic | Village of
Massapequa Park |
| All Round Foods | |

MASSAPEQUA ROAD RUNNERS

★ FIRECRACKER 5K ★

SUNDAY, JUNE 25, 2017

★ 5K START - 5:00 PM ★
FUN RUN START - 4:15 PM

REGISTRATION

Entries must be postmarked by June 19, 2017
5K - \$25, MRR members - \$20
Age 70 and over **FREE if preregistered by June 19, 2017**
1/4 Mile Kids Fun Run - \$5 (medals to all finishers)
RACE DAY: 5K - \$30, Fun Run - \$7

CHECK IN

Saturday June 24 - 1:00PM to 4:00PM - Runner's Edge Farmingdale
Sunday June 25 - 3:00PM to 4:30PM - Brady Park, Lake Shore Drive,
Massapequa Park

DIRECTIONS

Brady Park, Massapequa Park NY – from Massapequa Park LIRR Station
at Sunrise Highway and Park Blvd proceed north under tressle, make
left onto Front Street. Go 4 blocks to Brady Park. Park on side streets.
No parking on Lake Shore Drive.

AMENITIES

T-shirts to all preregistered 5K entrants. Race day while supplies last.
3.1-mile course starts on the corner of Park and Clark Boulevards, north
on Park Blvd., left on Walker Street into the Preserve and south on the
bike path, left back onto Clark Blvd., and down Lake Shore Drive to the
finish at Brady Park.
Post race festival in Brady Park picnic area with ice cold hand towels for
5K finishers, food, drinks, popcorn and kids entertainment.

AWARDS

1st Male & 1st Female Overall Finisher
1st Male & 1st Female Masters 'Roger Williams Award'
1st Male & 1st Female Massapequa Park Resident
Top 3 Male and Female finishers in age groups: 9 & under, 10-14, 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 and 90+
Top 3 wheelchair finishers
Top 3 Male Clydesdales 185-199 pounds & 200+ pounds
Top 3 Female Athena 140-159 pounds & 160+ pounds
\$100 BONUS for new course record:
Men: 14:53 Trevor Murray 1994 / Women: 17:11 Alice Hansen 1996
Medals to all Fun Run Finishers

RACE DIRECTORS

Alex Flyntz (516) 220-3588 / flyntz@aol.com / massapequaroadrunners.org
Karen Conkling (516) 662-7030 / teamconk@optonline.net

FIRECRACKER 5K & FUN RUN · JUNE 25, 2017

Make check payable to "Massapequa Road Runners" and mail to: Massapequa Road Runners, P.O. Box 189, Massapequa Park, NY 11762
Register online at ELITEFEATS.COM

Full name _____ USATF Member MRR Member

Age on Race Day _____ Date of Birth _____/_____/_____ Male Female 5K Run Fun Run Shirt Size: S M L XL

WHEELCHAIR Clydesdale Male 185-199 Clydesdale Male 200+ Athena Female 140-159 Athena Female 160+

Address _____ Town _____ State _____ Zip _____

Phone _____ Email _____

I the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, hereby waive, release, and hold harmless THE MASSAPEQUA ROAD RUNNERS, THE INCORPORATED VILLAGE OF MASSAPEQUA PARK, ELITE FEATS TIMING CO., LONG ISLAND TRACK & FIELD, all race sponsors and their representatives, successors, and assigns, for any and all liabilities, claims, damages and causes of action whatsoever arising directly or indirectly from my participation in the event, even if any such liabilities, claims, demand, 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 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. 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 whatsoever.

Signature _____ Date _____
(If under 18 parent or guardian must sign)