



# 29th Annual Firecracker 5K Run

Sunday July 5, 2009 - 5:00PM



Proceeds to Benefit  
The Special Olympics  
Interfaith Nutrition Network Food Bank

We thank you in advance for your race day donation of a non-perishable food item to the food bank

Runner's Edge  
Sunrise Cyclery  
Pequa Beverage

A.G. Edwards  
Paul's Ice Cream  
Johnny McGorey's

Sunrise Health & Racquet  
Extreme Auto Body Repair  
Paul Walker Piano Tuning

Commercial Trailer Leasing  
www.Victorystrap.com  
Marian Care Inc.

### REGISTRATION

Entries received by June 30  
5K - \$16

\$13 - MRR members, USATF members, Seniors 60-69, Additional Family Members (First member - \$16)  
Age 70 and over - FREE

1/4 Mile Kid's Fun Run - \$4 Fun Run will start at 4:15PM. T-Shirts to all registrants. Medals to all finishers.

Late Registration/Day of Race: 5K - \$25 - ALL RUNNERS - NO EXCEPTIONS 1/4 Mile Fun Run - \$5

### AWARDS

Overall - 1st Male/1st Female

Masters - 1st Male/1st Female

Massapequa Park Resident - 1st Male/1st Female

Age Groups - Top 3 Male/Female 9 and under, 5 year age groups through 85+

Wheelchair - Top 3 Clydesdale - Top 3 Male/Female 2 Weight Groups (Clydesdale not eligible for Age Group Awards)

New Course Record Bonus - \$100 M - 14:53 (Trevor Murray 1994) F - 17:11 (Alice Hansen 1996)

Lift n Run Competition - 1st Male/1st Female overall plus top 3 for 18-24, and 5 year age groups from 25-29 through 75+  
Runners bench press a percentage of their body weight based on age and sex. Each lift deducts 20 seconds off 5K time

Lift n Run Registration - 2PM-4PM \$3 for registered runners payable at weigh in. (No Preregistration)

Weight stations open from 2:00PM to 4:30PM. Lift n Run Awards are in addition to the normal 5K Awards

### CHECK-IN

Friday July 3rd 12:00PM - 4:00PM - Runner's Edge, Farmingdale

Sunday July 5th 2:00PM - 4:30PM - Brady Park - Lake Shore Drive, Massapequa Park

### DIRECTIONS

From Massapequa Park LIRR Station at Sunrise Highway and Park Boulevard 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.

### TIMING

Finish Line Road Race Technicians/www.flrrt.com

### RACE DIRECTOR

Alex Flyntz (516) 796-1900/flyntz@aol.com

MAIL FORM WITH CHECK PAYABLE TO: MASSAPEQUA ROAD RUNNERS, PO BOX 189, MASSAPEQUA PARK, NY 11762  
REGISTER ONLINE AT ACTIVE.COM

Name \_\_\_\_\_ MRR Member \_\_\_\_\_ USATF Member \_\_\_\_\_

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ 5K \_\_\_\_\_ Fun Run \_\_\_\_\_

Check if applicable: Clydesdale: Male :185-199 \_\_\_\_\_ 200+ \_\_\_\_\_ Female: 140-159 \_\_\_\_\_ 160+ \_\_\_\_\_ Wheelchair \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

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, FINISH LINE ROAD RACE TECHNICIANS INC, 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 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 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 whatever.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, parent or guardian must sign)

