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Neil Ferrara, MD  
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What A Girl Wants  
Massapequa Park Barber Shop  
The Runner's Edge  
Omega Storage  
REACT  
JP Sports & Family Chiropractic  
Massapequa Funeral Home  
Village of Massapequa Park

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

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

**AMENITIES**

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

**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  
Karen Conkling (516) 662-7030 / teamconk@optonline.net  
massapequaroadrunners.org

LONG ISLAND  
TRACK & FIELD 2017



**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](http://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)