



Massapequa Road Runners present  
**24<sup>th</sup> Annual Massapequa Park Mile**

**Sunday August 6, 2017 - 9:00AM**

— Sponsored by —

**Astoria Bank • Finest Service Plus • Tim's Florist  
Runner's Edge • Massapequa Funeral Home • Omega Storage**

**COURSE**

USATF Certified & Sanctioned. Start is one mile north of registration on Lake Shore Drive. Finish line is on Park Blvd. before Clark Blvd. in Massapequa Park Village.

<b>Heat</b>	<b>Start Time</b>
Male Masters	9:00AM
All Females	9:30AM
Male Open	10:00AM
Kids Fun Run	After last heat

LONG ISLAND  
TRACK & FIELD 2017



Participants must run in proper heat to be eligible for age group awards.

**AWARDS**

Overall - 1st Male/1st Female      Top Master - 1st Male/1st Female  
Age Groups - Top 3 Male/Female: 10 & Under, 11-13, 14-15, 16-19, then 5 year age groups through 80+  
Course Record Bonus - \$100. Male Record - 4:19 (Dustin Emrani 2009). Female Record - 4:54 (Leslie Higgens 2008)

**REGISTRATION**

\$13 - Entries received by August 1, 2017  
\$10 - Massapequa Road Runner Members and Long Island Track & Field Members  
\$20 - Entries received after August 1 thru Day of Race Registration.

**Register online at elitfeats.com**

**CHECK-IN**

Massapequa Funeral Home parking lot on the corner of Park Boulevard and Clark Boulevard in the Village of Massapequa Park (near finish line). Numbers and shirts may be picked up on race day starting at 7:30AM until 15 minutes prior to start of your heat.

**AMENITIES**

Shirts to all mile entrants. Free finish line race photos & videos emailed and online. Text/email live results with Facebook sharing!

**DIRECTIONS**

Seaford Oyster Bay Expressway (Route 135) south to Sunrise Highway. East on Sunrise Highway to Park Boulevard (2 miles). Turn North onto Park Blvd. (under LIRR tracks) and make left onto Front Street to parking.

**TIMING & SCORING**

Computerized race results by Elite Feats using the RFID race timing system

**RACE DIRECTOR**

Gene Leahy (516) 221-3947  
www.massapequaroadrunners.org

**SPORTS MEDICINE DIRECTOR**

Jeffrey E. Poplarski, DC

*BABY JOGGERS, STROLLERS, BICYCLES, SKATES AND PETS NOT PERMITTED ON THE COURSE. FINISH TIMES WILL NOT BE ISSUED TO ANYONE VIOLATING THIS RULE.*

MAIL FORM WITH CHECK PAYABLE TO: MASSAPEQUA ROAD RUNNERS, P.O. BOX 189, MASSAPEQUA PARK, NY 11762

**REGISTER ONLINE AT ELITEFEATS.COM**

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

Age on Race Day \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_  Male  Female  Wheelchair

Mile  Kids Fun Run (Under 10) - Free

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, ELITE FEATS, 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 whatsoever.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(If under 18, parent or guardian must sign)