



15th Annual Merchants Mile

Saturday August 9, 2008 - 9:00AM

Presented by
Massapequa Park Merchants Association

Sponsored by:

Astoria Federal Savings Bank Dr Edward Fryman Tim's Florist

COURSE

USATF Certified and Sanctioned. One mile starting on Lake Shore Drive and ending on Park Boulevard at Clark Boulevard in Massapequa Park Village

<u>Heat</u>	<u>Start Time</u>
Male Masters	9:00AM
All Females	9:30AM
Male Open	10:00AM



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

AWARDS

Overall - 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 - 4:22 (Mike Guestella 1997) / Female Record - 4:58 (Meg Holden 2003)

REGISTRATION

Entries received by August 6, 2008 - \$10 (\$9 - Massapequa Road Runner Members and Long Island Track & Field Members)

Late Registration/Day of Race Registration - \$15

LOCATION/CHECK-IN

Park Boulevard and Clark Boulevard in the Village of Massapequa Park (near finish line)

Numbers and shirts may be picked up on race day rom 7:30AM to 8:45 AM. Shirts for all mile entrants.

DIRECTIONS

Seaford Oyster Bay Expressway (Route 135) south to Sunrise highway. East on Sunrise Highway to Park Boulevard (2 miles)

Turn North onto Park (under LIRR) and make left onto Front Street to parking

TIMING

RACE DIRECTOR

SPORTS MEDICINE DIRECTOR

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

Name _____ Age on Race Day _____ Date of Birth _____

Check Applicable Categories: Male _____ Female _____ Wheelchair _____

Mile _____ Kiddie Quarter (Under 10) - Free _____

MRR Member _____ LITF# _____ ChampionChip# _____

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, an 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 cause 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 thi 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 c 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 an other record of this event for any purpose whatever.

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