20th Annual Massapequa Park Mile

Saturday August 3, 2013 - 9:00AM

Presented by

Massapequa Road Runners

Sponsored by:

Astoria Federal Savings Bank **Runner's Edge**
Seaford Foot CareCenter **Tim's Florist** **Massapequa Funeral Home**

COURSE
USATF Certified & Sanctioned. Start is one mile north of registration on Lake Shore Drive and finishing on Park Boulevard at Clark Boulevard in Massapequa Park Village.

Heat	Start Time
Male Masters	9:00AM
All Females	9:30AM
Male Open	10:00AM
Kiddie Quarter	10:30AM

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

1 MILE CHALLENGE
We CHALLENGE you to enter the 1 Mile Challenge! Compete in both the Massapequa Park Mile and the Farmingdale Main Street Mile(to be held on 9/1/12). Special awards for best combined times for: Overall Male/Female and First Male/Female in every age group who race in both events! For a Main Street Mile application, call 516-420-7963

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
Entries received by July 31, 2013 - $13 ($10 - Massapequa Road Runner Members and Long Island Track & Field Members)
Entries received August 1 thru Day of Race Registration - $20. Registration also available at active.com.

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 starting at 7:30AM until 15 minutes prior to start of your heat. 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
Finish Line Road Race Technicians	Gene Leahy - (516) 221-3947	Jeffrey E. Poplarski, D.C

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

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 _____ Wheelchair _____

Mile _____ Kiddie Quarter (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, THI 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 sucl 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 physicall 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 t release and hold the above named organizations and personnel harmless of any claims and rights which may be asserted on behalf

Signature_____ Date_____
(If under 18, parent or guardian must sign)