



Massapequa Road Runners present the 29th Annual Massapequa Park Mile

Sunday, October 1, 2023 - 9:00 AM

— Sponsored by —

**Catholic Health • All Round Foods • Finest Service Plus
Media Ambassadors • Runner's Edge • Massapequa Funeral Home
Omega Storage • Rajiv Bansal, MD • Neil Ferrara, MD PC**

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.

Heat	Start Time
Female	9:00 AM
Male	9:30 AM
FREE Kids Fun Run	After last heat

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



**SIGN UP
ONLINE!**
elitefeats.com

LONG ISLAND TRACK & FIELD 2023



AWARDS

Overall - 1st Male/1st Female Masters (age 40 & over) - 1st Male/1st Female
Age Groups - Top 3 Male/Female: 10 & Under, 11-13, 14-15, 16-19, then 5 year age groups through 90+
Course Record Bonus - \$100. Male Record - 4:19 (Dustin Emrani, 2009). Female Record - 4:54 (Leslie Higgens, 2008)



REGISTRATION

\$20 - Entries received by September 25, 2022 \$15 - Age 18 & under
\$15 - Massapequa Road Runner Members \$25 - Entries mailed after September thru Day of Race

Register online at elitefeats.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. Please leave yourself enough time to get to the start.

AMENITIES

Shirts to all mile entrants (while supplies last). Free finish line race photos & videos emailed and online. Text/email live results!

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
Register online at ELITEFEATS.COM

RACE DIRECTOR

Karen Conkling (516) 662-7030
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 www.events.elitefeats.com/23massmile

Name _____ MRR Member

Age on Race Day _____ Date of Birth ____/____/____ Male Female Wheelchair

Mile Kids Fun Run (Under 10) - Free

Address _____ Town _____ State _____ Zip _____

Phone (for text results) _____ E-Mail (for finish photos) _____

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, USA TRACK & FIELD, 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)