



Rajiv Bansal, MD PC



MASSAPEQUA ROAD RUNNERS ★ FIRECRACKER 5K ★ SUNDAY, JUNE 23, 2024

5K START - 5:00 PM
FUN RUN START - 4:15 PM

REGISTRATION

Mail-in entries must be postmarked by June 15, 2024. Register online at ELITEFEATS.COM. **5K Run** - \$25, MRR members - \$20, 18 & under - \$15. Age 75 & over **FREE if preregistered by June 15, 2024**. \$35 after June 16 and on race day. **1/4 Mile Kids Fun Run** - \$7 (10 & under), \$10 after June 16 and on race day. Medals to all Fun Run finishers!

CHECK-IN

Saturday, June 22 - 1:00PM to 4:00PM - Runner's Edge, Farmingdale
Sunday, June 23 - 3:00PM to race start - Brady Park, Lake Shore Drive, Massapequa Park

COURSE

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 in front of Brady Park. NOTE: strollers/baby joggers permitted but **MUST** start behind all runners and walkers.

Massapequa Road Runners is proud to promote running and support our youth by providing local high school scholarships and supporting the Girls On The Run Organization.

AMENITIES

Exciting giveaway to all preregistered 5K entrants (race day while supplies last). Medals to all Fun Run participants. Post race festival in Brady Park picnic area with ice-cold hand towels for 5K finishers, food, drinks, and kids' entertainment.

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

Overall Male and Female finishers and Overall Male and Female Masters finishers receive running shoes from Runners Edge.
Top 3 Male and Female Overall Finishers.
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, and 5-year age groups from 10-14 to 85-89 and 90+. Top 3 wheelchair finishers.

\$100 BONUS for new course record:

Men: 14:28 Isaac Kitur 2014 / Women: 17:11 Alice Hansen 1996

FOR MORE INFORMATION:

massapequaroadrunners.org, email info@massapequaroadrunners.org, or contact Sam Buttigieg, Race Director at sambuttigieg@aol.com



LONG ISLAND TRACK & FIELD

2024



Proud participant in the USATF Long Island Grand Prix Series

FIRECRACKER 5K & FUN RUN · JUNE 23, 2024

Make check payable to "Massapequa Road Runners" and mail to: Massapequa Road Runners, P.O. Box 189, Massapequa Park, NY 11762

Register online at events.elitefeats.com/24massfirecracker

Full name _____

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

5K Run Fun Run MRR Member WHEELCHAIR Shirt Size (5K only): S M L XL

Address _____

Town _____ State _____ Zip _____

Phone (for text results) _____ Email (for finish photo) _____



SIGN UP ONLINE!

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)