



Rajiv Bansal, MD PC



The Incorporated Village of MASSAPEQUA PARK
Founded 1931



Neil Ferrara, MD



MASSAPEQUA ROAD RUNNERS ★ FIRECRACKER 5K ★ SUNDAY, JUNE 26, 2022

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

REGISTRATION

Mail-in entries must be postmarked by June 20, 2022.
Register online at ELITEFEATS.COM. **5K Run** - \$25, MRR members - \$20. Age 70 & over **FREE if preregistered by June 19, 2022.** \$35 after June 19 and on race day. **1/4 Mile Kids Fun Run** - \$5 (Ages 10 & under), \$7 race day. Medals to all Fun Run finishers!

CHECK-IN

Saturday, June 25 - 1:00PM to 4:00PM - Runner's Edge, Farmingdale
Sunday, June 26 - 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.

Race proceeds help fund local high school scholarships.

The Massapequa Road Runners is proud to have helped support the Wyandanch High School track team's 2020 season.

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, popcorn 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 and Overall Male and Female Masters finishers receive running shoes from Runners Edge.
1st Male & 1st Female Overall Finisher
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, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 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
Medals to all Fun Run Finishers

FOR MORE INFORMATION:

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

FIRECRACKER 5K & FUN RUN · JUNE 26, 2022

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/22massfirecracker5k

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)