



40th Annual

MASSAPEQUA ROAD RUNNERS

FIRECRACKER

★ 5K ★

June 28 · 2020

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REACT

JP Sports & Family Chiropractic
Massapequa Funeral Home
Village of Massapequa Park

MASSAPEQUA ROAD RUNNERS

★ FIRECRACKER 5K ★

SUNDAY, JUNE 28, 2020

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

REGISTRATION

Mail-in entries must be postmarked by June 22, 2020.
Register online at ELITEFEATS.COM. 5K - \$25, MRR members - \$20.
Age 70 & over **FREE if preregistered by June 22, 2019.** \$20 race day.
1/4 Mile Kids Fun Run - \$5 (Ages 10 & under). Medals to all finishers!
RACE DAY: 5K - \$30, Fun Run - \$7

CHECK-IN

Saturday, June 27 - 1:00PM to 4:00PM - Runner's Edge, Farmingdale
Sunday, June 28 - 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 at 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). 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

- 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
- Top 3 Male Clydesdales 185-199 pounds & 200+ pounds
- Top 3 Female Athena 140-159 pounds & 160+ pounds
- \$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:

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



FIRECRACKER 5K & FUN RUN · JUNE 28, 2020

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

Register online at ELITEFEATS.COM

Full name _____ MRR Member

Age on Race Day _____ Date of Birth _____ / _____ / _____ Male Female 5K Run Fun Run Shirt Size: S M L XL

WHEELCHAIR Clydesdale Male 185-199 Clydesdale Male 200+ Athena Female 140-159 Athena Female 160+

Address _____ Town _____ State _____ Zip _____

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

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)