



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

MASSAPEQUA ROAD RUNNERS ★ FIRECRACKER 5K ★ SUNDAY, JUNE 30, 2019

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

REGISTRATION

Mail-in entries must be postmarked by June 24, 2019.
Register online at ELITEFEATS.COM. 5K - \$25, MRR members - \$20.
Age 70 & over **FREE if preregistered by June 24, 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 29 - 1:00PM to 4:00PM - Runner's Edge, Farmingdale
Sunday, June 30 - 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.



Proud participant
in the Long Island
Running Series!

AMENITIES

Exciting surprise 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: 14:53 Trevor Murray 1994 / Women: 17:11 Alice Hansen 1996
Medals to all Fun Run Finishers

FOR MORE INFORMATION: www.massapequaroadrunners.org,
email info@massapequaroadrunners.org, or contact
Alex Flyntz, Race Director (516) 220-3588 / flyntz@aol.com

FIRECRACKER 5K & FUN RUN • JUNE 30, 2019

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)