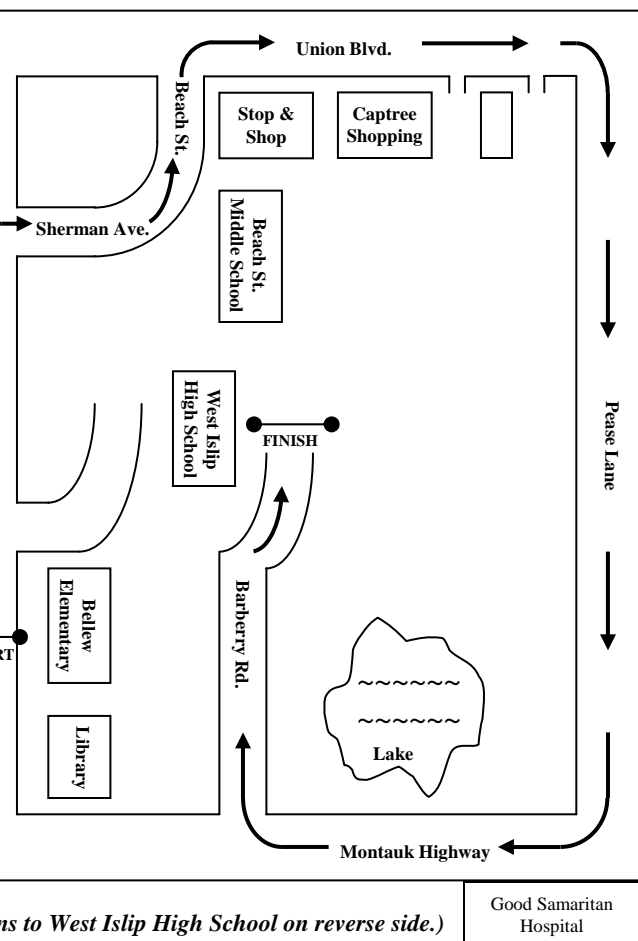


Elizabeth T. McNamee Memorial Fund, Inc.

a bright student who excelled in all that she set out to do. Her athletics and the arts were among her greatest attributes. She graduated from high schools, graduated Harvard University with honors and was in the Y.U. Law School when, unexpectedly, her life came to an end. She died of a heart disease known as hypertrophic cardiomyopathy (HCM), a leading cause of sudden cardiac death among America's youth. In honor of Elizabeth's memory, family and friends are asking for your help in completing her 5K run another **huge success**. Elizabeth's fund has aided in the education of HCM and it has supported many community and athletic events.

USATF Certified Course & Sanctioned Race

Professionally timed by Finish Line Road Race Technicians. This race is a 5K run with mile splits with two (2) water stops. Starts and finishes at West Islip High School.



(Directions to West Islip High School on reverse side.)

Registration

Pre-Registration:

- \$20 5K Run/Walk (with T-shirt)
- \$15 1-Mile Fun Run/Walk (with T-shirt)

Make checks payable to: **Elizabeth T. McNamee Memorial Fund, Inc.**
Mail Entry Form & Check to: **P.O. Box 213, West Islip, NY 11795**

All Pre-Registration entries must be postmarked April 30, 2010

Pre-Registration Packet Pick-up available on **May 8, 2010**
from **12:30 P.M. to 2 P.M.** at West Islip High School. (**Pre-Registrants only**)

Race Day Registration: (Till 9:00 A.M. Sharp)
\$25 5K Run/Walk (T-shirts while supplies last)
\$15 1-Mile Fun Run/Walk (T-shirts while supplies last)

Check-In:
Pre-registration and post-registration numbers & timing tags can be picked up at West Islip High School on the day of the race from **7:30 A.M. to 9:00 A.M. SHARP.**

Start:
1-Mile Fun Run/Walk
Starts at 9:00 a.m. at the High School Track. (ribbons will be issued to all who participate.)
5K Run
NO NUMBERS ISSUED AFTER 9:00 A.M. SHARP. The race starts at 9:30 a.m., rain or shine.

Awards:
Top Three Overall Male & Female Winners
Masters: Top Male & Female
Senior Masters: Top Male & Female
Top Three (3) in the following age group categories: 13 and under, 14-16, 17-19, 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+; and wheelchair.

LITF GRAND PRIX SERIES POINTS

Race Timing:
Finish Line Road Race Technicians, using the NEW CHRONOTRACK system. Results will be posted on-site, as well as on the Internet the day of the race at: www.flrrt.com

Post Race:
Food, drinks, raffles, awards ceremony and music.

For additional information:
Call: (631) 321-0806 OR →
Visit: elizabethmcmamee.org

LONG ISLAND 2010
TRACK & FIELD



I choose not to participate, but would like to make a donation in the amount of \$ _____

ENTRY FORM

First Name _____ Middle Initial _____ Last Name _____
 Street Address _____ City _____ State _____ Zip _____
 Telephone Number _____
 E-mail Address _____
 T-Shirt size _____
 Wheelchair
 1-Mile Fun Run/Walk
 5K Run or Walk
 Age on Race Day _____
 Male Female
 Month _____ Day _____ Year _____
 DOB _____ S _____ M _____ L _____ XL _____

I know that running a road race is a potentially hazardous activity and I assume all risks associated with running in this event, including but not limited to falls, contact with other participants or spectators, the effect of

www.elizabethmcnamee.org

Spectacular Raffles & Giveaways!

Directions to West Islip High School

FROM: N.Y.C., Queens, Brooklyn, Nassau County, and Western Suffolk County

- Go East on Northern State Parkway to Exit 42S -- Route 231 South (Deer Park Ave.)
- Go East on L.I. Expressway to Exit 51S -- Route 231 South (Deer Park Ave.)
- Go East on Southern State Parkway to Exit 39S -- Route 231 South (Deer Park Ave.)

THEN

- Proceed South to Montauk Highway, Route 27A, East (West Islip). Proceed 1/2-mile and make a "left" turn onto Higbie Lane. West Islip High School is on the right.

FROM: Northern Suffolk County and Eastern Suffolk County

- Route 231 (Deer Park Ave.) South, all the way to Montauk Highway, Route 27A, East (West Islip). Proceed 1/2-mile and make a "left" turn onto Higbie Lane. West Islip High School is on the right.

OR

- Sagtikos Parkway South to Southern State Parkway West, 1/4-mile to Robert Moses Causeway. South on Robert Moses Causeway to Montauk Highway, Route 27A, West (West Islip). Proceed approximately 1-mile and make a "right" turn onto Higbie Lane. West Islip High School is on the right.



ATTENTION! ATTENTION!

Please bring old cell phones and used inkjet or laser toner cartridges to the run, This helps us raise additional funds for this event.



ELIZABETH T. McNamee 12th Annual Memorial Run

**Sunday, May 9, 2010
9:00 a.m. 1-Mile Fun Run**

**9:30 a.m. 5K Run
West Islip High School
West Islip, New York**

www.elizabethmcnamee.org

631-321-0800