



Bellmore Striders Independence Day Run



Dedicated to the Memory of our friend Matthew Warkala

LONG ISLAND TRACK & FIELD 2009

Sanctioned by

LONG ISLAND TRACK & FIELD 2009



USATF-LONG ISLAND



**4-MILE RUN AND 1-MILE YOUTH RUN
TANK TOPS TO FIRST 500 ENTRANTS**

REFRESHMENTS BEFORE, AT EVERY MILE, & AT THE FINISH

PRIZE MONEY awarded in the 4-Mile to overall top 3 Male & Female Open & Masters {40+}

Timing provided by **FLRRT** using the new disposable tag: Chronotrack Timing System

DIRECTIONS: From the South shore: Sunrise Highway in Bellmore (1/2 mile west of the Wantagh Parkway) to Bellmore Ave. (north, right turn) to first left, Pettit Ave. travel west to race parking and **START**.
Please do not park on Bedford Ave, the "race-course"!!!

-Southern State Parkway to the Wantagh Parkway (south) then follow directions above.

From the North shore: -Northern State Parkway to the Wantagh Parkway (south) then follow the directions from Sunrise Highway.

ELIGIBILITY: The 1-Mile Youth Run is open to all runners' 12 years of age and under, and all walkers. The 4-Mile Run is open to all athletes 13 years of age and older.

REGISTRATION Fees: \$8 until May 31. After June 1: all youth entries \$10, adults \$18 June 1 to July 3 \$20 on Race Day! ALL 70 plus athletes pay \$ 0. That's right, nothing! They earned it!

CHECK-IN On **July 4th** pick up numbers and T-TOPS at the **FINISH** area on Grand Ave. before 8:30 am.
The 1-mile Youth Run begins @ 8:30 and the 4 mile begins @ 9:00 a.m.

COURSE: Flat and fast through the streets of Bellmore. Certified course with only 9 turns!
As laid out by the late great **Jack Dowling!** **START** is on Pettit Ave. 100 meters west of the Bellmore Firehouse, opposite the LIRR. Park in the railroad lot! **FINISH** on Grand Ave. **Please, do not park on the race course!**

AWARDS: Top three overall male and female runners in the Youth and 4-Mile races. Ribbons to all other finishers in 1-Mile Youth Run.

5-Year Age Groups!

Top three male and female runners in the following age divisions of the 4-Mile Run: 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, & 80 plus. Top three wheelchairs. Top three open male & female and first three male & female masters runners in the Law Enforcement division. No duplication of awards!

TEAM COMPETITION: First three male & female open teams, and first three male & female master's teams.
Three runners scored by combined time. Please fill out a team registration card before the race.

BELLMORE STRIDERS TRACK CLUB 1988 BERGEN STREET, BELLMORE NY 11710
www.bellmorestriders.com

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		Bellmore Striders 4 Mile Run July 4, 2009 @0830	
Name:		T-TOP: (circle one size please) M L XL	
Address:		Team Affiliation:	
Town:	State:	Zip code:	Special Category: Law Enforcement Wheelchair
Age: (as of race day)	Female	Male	USATF #:
Please mail the completed entry form with your <u>check or money order made payable to the: Bellmore Striders Track Club</u>			
In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Bellmore Striders Track Club, the Bellmore Fireman's Exempt Club, the Town of Hempstead, the County of Nassau, USATF-Long Island INC, <i>Alien Canopy</i> INC and any and all sponsors associated with this event, for any and all injuries suffered by me in this event. I attest that I am physically fit and sufficiently trained for this competition.			
Signature:		Parent's Signature (if under age 18)	

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