

PRE-REGISTRATION

\$25 5K Run/Walk (with T-shirt)

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

Checks made 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 by May 5, 2017

Pre Registration Packets available on May 13 from 12:30pm -2:30pm

at West Islip High School. (Pre-Registrants Only)

RACE DAY REGISTRATION: (Till 9:00 am Sharp)

\$30 5K Run/Walk (T-shirts while supplies last)

\$15 1-Mile Fun Run/Walk (T-shirts while supplies last)

CHECK-IN

Registration & pre-registration can be picked up at West Islip High School on the day of the race from **7:30am - 9:00am SHARP**

RACE STARTING TIMES

1 Mile Fun Run/Walk - Starts at 9:00am at the High School Track

5K Run - Starts 9:30am Rain or shine. **No Numbers issued after 9am**

AWARDS

OVERALL: Top Male & Female

MASTERS: Top Male & Female

SENIOR MASTERS: Top Male & Female

TOP 3 FINISHERS: (Following Categories) 10 & Under, 11-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-85, 86-90, 91+ and WHEELCHAIR.

LITF GRAND PRIX SERIES POINTS

RACE TIMING

Start to finish Corp., using the My Laps Chips. Results will be posted on-site and on-line at www.start2finish.com on the day of the race.

POST RACE

Food, Drinks, Raffles, Award Ceremony and Music

FOR ADDITIONAL INFORMATION

Call (631) 321-0806 or visit us on-line at www.elizabethmcnamee.org



LONG ISLAND TRACK & FIELD 2017



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 425 -- Route 231 South (Deer Park Ave.)

Go East on L.I. Expressway to Exit 515 -- Route 231 South (Deer Park Ave.)

Go East on Southern State Parkway to Exit 395 -- Route 231 South (Deer Park Ave.)

THEN

Proceed South to Montauk Highway, Route 27 A, 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!

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

ENTRY FORM - Entry forms must be postmarked by May 5, 2017 • www.elizabethmcnamee.org

FIRST NAME

LAST NAME

MIDDLE INITIAL

STREET ADDRESS

CITY

STATE

ZIP CODE

EMAIL ADDRESS

TELEPHONE

DOB: MONTH/DAY/YEAR

AGE ON RACE DAY

5K RUN/WALK (\$25)

1 MILE FUN RUN/WALK (\$15)

WHEELCHAIR

MALE

FEMALE

T-SHIRT SIZE: S

M

L

XL

ENTRANT'S SIGNATURE

PARENT OR GUARDIAN SIGNATURE (If entrant is under 18 years of age)

DATE

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 weather, including heat and humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Therefore, 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 Elizabeth T. McNamee Memorial Fund, Inc., Start To Finish Corp., USATF-LI, all race sponsors, the Hamlet of West Islip, the Township of Islip, the police of Suffolk County, New York, the Volunteer Fire Departments of West Islip, New York, and Suffolk County, New York, and their representatives, successors and assigns for any and all injuries suffered by me in said event and all claims for liabilities of any kind arising out of my participation in this event even though that liability may arise out of the negligence or carelessness on the part of persons named in this waiver. (If signed by a parent, the parent agrees to waive, release and hold harmless the above mentioned organizations and individuals from any and all said liabilities, claims and causes of action which may be asserted on behalf of the entrant). I attest and verify that I will participate in this event as a foot-race entrant and that I am physically fit and have sufficiently trained for competition of this event and that my physical condition has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or other records of this event for any legal purpose whatsoever. In the event that an Act of God necessitates the cancellation of the race, I understand that the sole responsibility of the race will be to provide a free race T-shirt for pick-up at a time and place that will be announced. **No baby strollers, roller skates, headphones, bicycles or animals will be allowed on the race course.**

Please return entry forms to: Elizabeth T. McNamee Memorial 5K Run - P.O. Box 213 West Islip, New York 11795

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

Under a new mandate adopted by the USATF, We are required to provide a space on our entry application where disabled persons can have the opportunity to write in a reasonable accommodation for their disability. Please provide any information required. **All request must be received at least 4-6 weeks prior to the event.**
SEND REQUESTS TO: USATF Headquarters Attn: ADA Accommodations 132 East Washington Street, Suite 800, Indianapolis, Indiana 46204

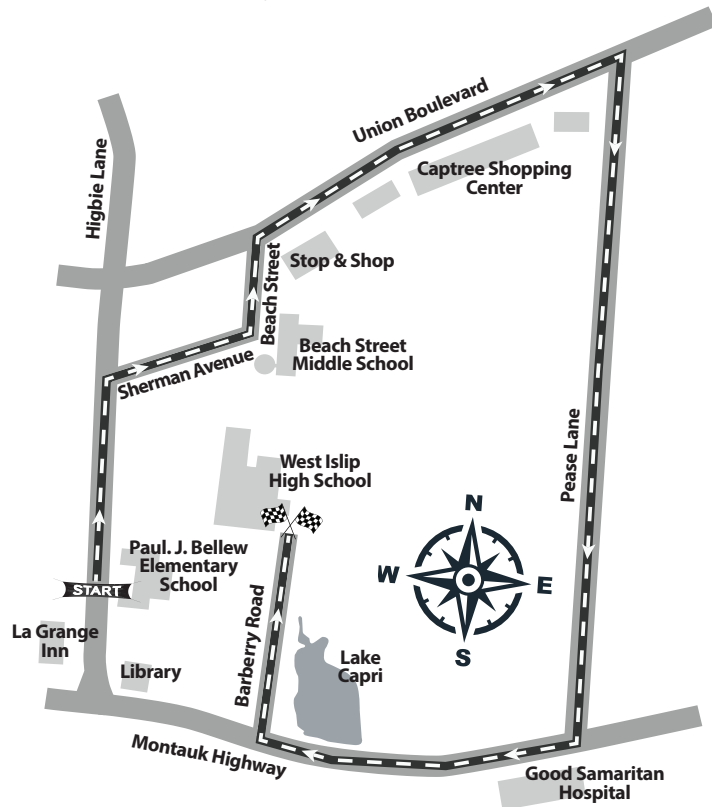
The Elizabeth T. McNamee Memorial Fund, Inc.

Elizabeth was a bright student who excelled in all that she set out to do. Her love for people, athletics, and the arts were among her greatest attributes. She attended West Islip schools, graduated Harvard University with honors and was in her final year at N.Y.U. Law School when, unexpectedly, her life came to an end. Elizabeth died from a heart disease known as hypertrophic cardiomyopathy (HCM), the number one cause of sudden cardiac death among America's youth.

As a tribute to Elizabeth's memory, family and friends are asking for your help in making this year's 5K run another huge success. Elizabeth's fund has aided in the awareness and education of HCM and it has supported many community scholarship programs.

USTAF Certified Course & Sanctioned Race

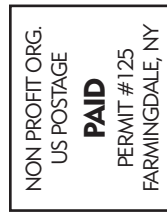
3.1 miles professionally timed by Start to Finish Corp. This race is a fast, flat course. Mile splits with two (2) water stops. Starts and finishes at West Islip High School.



Elizabeth T. McNamee Memorial Fund, Inc.

P.O. Box 213

West Islip, NY 11795-0213



Visit our Website at
www.elizabethmcnamee.org
Spectacular Prizes & Giveaways!



MEMORIAL 5K RUN

Elizabeth T. McNamee

Sunday, May 14th, 2017

1 Mile Fun Run/Walk

9:00 am

5K Run

9:30 am

West Islip High School

WEST ISLIP, NEW YORK

www.elizabethmcnamee.org

(631) 321-0806



NEW THIS YEAR...FREE DIGITAL PHOTOS. VISIT

www.jackmccoyphotography.com/mcnameememorialrun2017