



# Bellmore Striders Independence Day Run



*Dedicated to the Memory of our friend Matthew Warkala*

Sanctioned by



**USATF-LONG ISLAND**

LONG ISLAND TRACK & FIELD 2022



**4-MILE RUN AND 1-MILE YOUTH RUN  
TANK TOPS TO FIRST 600 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+}**

**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: \$12 until May 30<sup>th</sup>. Starting May 31<sup>st</sup>: all youth entries \$12, adults \$20 to July 3 \$25 on Race Day!** ALL 70 plus athletes pay \$ 0. That's right, nothing! They earned it!

**CHECK-IN** On July 4<sup>th</sup> pick up numbers and T-TOPS at the FINISH area on Grand Ave. before 8:00 am.  
**\*New starting times!** The 1-mile Youth Run begins @ **8:00** a.m. and the 4 mile begins @ **8:30** 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. Medals 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, 80-84, 85-89 & 90 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](http://www.bellmorestriders.com)

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**Bellmore Striders Independence Day Run** **\*New starting times!** **1 mile 8:00am 4 mile 8:30am** July 4, 2022

Name:	T-TOP: (circle one size please) Y S M L XL
Address:	Team Affiliation:
Town: State: Zip code:	Special Category: Law Enforcement Wheelchair
Age: (as of race day) Female Male	e-mail address:
	telephone number:
Please mail the completed entry form with your <u>check or money order made payable to</u> the: <b>Bellmore Striders Track Club</b>	
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, Antun's of Queens Village, All Round Foods, the Bellmore Fireman's Exempt Club, the Town of Hempstead, the County of Nassau, USATF-Long Island, Foundation Running Camps, Alien Canopy 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. I hereby consent to the provision of necessary and appropriate emergency medical treatment.	
Signature:	Parent's Signature (if under age 18)