



Bellmore Striders Independence Day Run



Antun's
Queens Village



Dedicated to the Memory of our friend Matthew Warkala

Sanctioned by



USATF-LONG ISLAND

LONG ISLAND TRACK & FIELD 2019



**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 June 2. After June 2: all youth entries \$12, adults \$20 June 1 to July 3 \$25 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 8:00 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

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Bellmore Striders Independence Day Run ***New starting times!** **1 mile 8:00am 4 mile 8:30am** July 4, 2019

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	USATF #:
Please mail the completed entry form with your <u>check or money order made payable to the:</u> Bellmore Striders Track Club	
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)