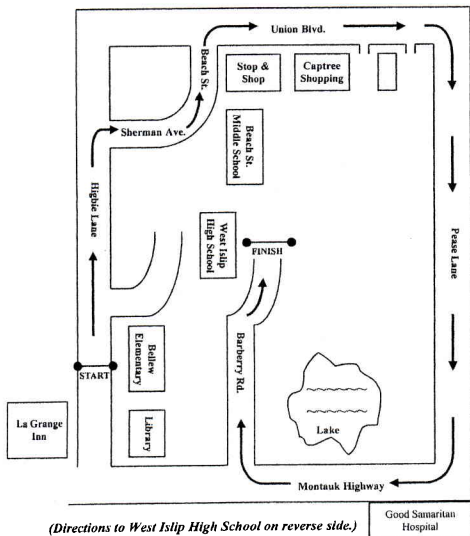


**USATF Certified Course & Sanctioned Race**

3.1 miles professionally timed by Finish Line Road Race Technicians. This race is a fast, flat course. 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.frtrt.com](http://www.frtrt.com)

**Post Race:**

Food, drinks, raffles, awards ceremony and music.



**ELIZABETH T. McNAMEE**  
**12th Annual Memorial 5K Run**

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

**9:30 a.m. 5K Run**

**West Islip High School**

**West Islip, New York**

[www.elizabethtmcnamee.org](http://www.elizabethtmcnamee.org)

**631-321-0806**

**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 and scholarship programs.

For additional information: Call: (631) 321-0806 OR Visit: [elizabethtmcnamee.org](http://elizabethtmcnamee.org)



LONG ISLAND 2010 TRACK & FIELD



**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.



**Spectacular Raffles & Giveaways!**

**ENTRY FORM**

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

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

( ) \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Age on Race Day \_\_\_\_\_

Telephone Number \_\_\_\_\_ E-mail Address \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

5K Run or Walk  
  1-Mile Fun Run/Walk  
  Wheelchair  
 T-Shirt size:  S  M  L  XL  
  Male  Female

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., Finish Line Road Race Technicians, 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 course.**

Entrant's Signature \_\_\_\_\_

Parent or Guardian's Signature (if entrant is under 18 years of age) \_\_\_\_\_

Date \_\_\_\_\_