



SUNDAY JUNE 30, 2019 | 5K Start 5PM and Fun Run 4:15PM
Rain or Shine in Massapequa Park NY

PACKET PICKUP

Saturday: June 29th 12 - 4 PM - Runners Edge, Farmingdale

Sunday: Race Day June 30th 3:00 - 4:30 PM - Brady Park, Lake Shore Dr., Massapequa Park

QUESTIONS

Karen: teamconk@gmail.com

Dennis: degowen@gmail.com

[Please click here to view the USATF certified course!](#)

3.1-mile course starts on the corner of Park and Clark Boulevards, north on Park Blvd., left on Walker Street into the Preserve and south on the bike path, left back onto Clark Blvd., and down Lake Shore Drive to the finish at Brady Park

FEES

- **5K Run/Walk:** \$30
- **Kids 1/4 Mile Fun Run 10 & Under:** Day of Race \$5

RESULTS & PHOTOS

LIVE Online/Email/Text Results and FREE Video & Same-Day finish line pics

Find Misc Photos on Facebook [@elitefeats](#)

PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR SHIRT!