

## Long Island Road Runners Proudly Presents



*\*NEW: USATF-LI Grand Prix Championship Race but all are Welcome!  
You can become a Member of USATF-LI and score in the Grand Prix too*



Wed. August 7th 2019 6:30PM Rain or Shine  
EISENHOWER PARK, NY

### **Bib Pickup / Day of Registration**

5:30PM Check In Begins  
6:30PM 1 Mile Start

### **For more information about the race, contact:**

Club Hotline 516-797-2685  
[www.lirrc.org](http://www.lirrc.org)

### **PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR SHIRT!**

LIVE Online/Email/Text Results and free finish line photos can be found on race day at [elitefeats.com](http://elitefeats.com)

### **Thank You for Supporting Long Island Road Runners Club!**

Your support helps fund the Wednesday Night Summer Series - a great place for families and youth to spend summer nights in the park at a low cost and lots of fun! (Summer Series is at the same location for \$12.5K, \$5 for Ducks Members, \$1 Fun Run, Military Free with ID. Please visit [LIRRC.ORG](http://LIRRC.ORG) for more information and to become a member of Long Island's longest standing running club!)