



Memorial 5K Run

Visit our website at
www.elizabethmcnamee.org

Elizabeth T. McNamee

Spectacular Raffles & Giveaways!

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.



Sunday, May 10, 2009
 9:00 a.m. 1-Mile Fun Run/Walk
 9:30 a.m. 5K Run
 West Islip High School
 West Islip, New York

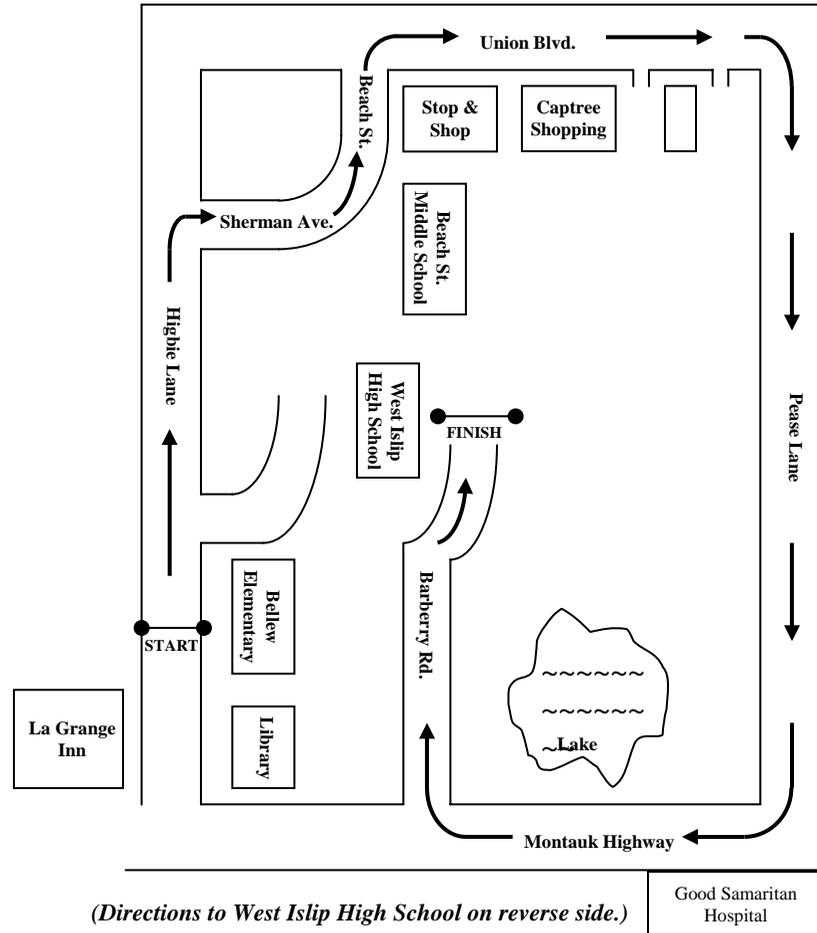
The Elizabeth T. McNamee Memorial Fund, Inc.

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.

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.



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 by May 1, 2009

Pre-Registration Packet Pick-up available on **May 9, 2009**
from **12:30PM-2PM** at West Islip High School. (**Pre-Registrants only**)

Race Day Registration: (up until 8:45 a.m. on the day race)

- \$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 and timing tags can be picked up at West Islip High School on the day of the race from **7:30 a.m. to 8:45 a.m. Sharp.**

Start:

1-Mile Fun Run/Walk

Starts at 9:00 a.m. at the West Islip High School Track. (1-Mile Fun Run/Walk is non-competitive, with ribbons for all who participate.)

5K Run

The race starts at 9:30 a.m., rain or shine. **NO NUMBERS ISSUED AFTER 8:45 A.M.**

Awards:

Overall male and female winners; top three (3) in the following age categories: 14 and under, 15-19, 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.

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.flrrt.com

Post Race:

Food, drinks, raffles, awards, ceremony and music. Ribbons to all Fun Run finishers.

For additional information:

Call: (631) 321-0806 OR Visit: elizabethmcnamee.org

LONG ISLAND TRACK & FIELD 2009



Registration

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

ENTRY FORM

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ City _____ State _____ Zip _____

Telephone Number _____ E-mail Address _____

Age on Race Day _____

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

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 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 _____