

The Main Street Mile

In Memory of John McManus

Main St, Farmingdale, NY

1 Mile Race and 1/4 Mile Kid's Fun Run
Saturday, August 30, 2008 at 4:15* pm
Kid's Fun Run at 3:30 pm

Presented by



*Time is subject to change due to train schedule

Benefiting the Companions in Courage Foundation

Title Sponsor

**MEYER, SUOZZI,
ENGLISH & KLEIN, P.C.**
COUNSELORS AT LAW

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Massapequa, NY

Main Street Mile
632 Broadway, Suite 165
Massapequa, NY 11758

The Main Street Mile

In Memory of John McManus

Join Pat LaFontaine, Meyer, Suozzi, English and Klein and Runner's Edge to benefit a great cause!

Saturday, August 30, 2008 at 4:15 pm* • Kid's Fun Run at 3:30 pm
The mission of Companions in Courage is to build "Lion's Den" interactive playrooms in Children's Hospitals across North America.



Honorary Race Marshall Pat LaFontaine

Founder of Companions in Courage
Former New York Islander and Hockey
Hall of Famer

POST RACE AWARDS AND RAFFLE

The Nutty Irishman, Main Street, Farmingdale

CASH AWARDS

For top male and female overall finishers in open and masters categories:

1st-\$100, 2nd-\$75, 3rd-\$50

SPECIAL CASH BONUSES

To the first male breaking 4:00 minutes for the mile and first female breaking 4:50 for the mile: \$100

AWARDS (No duplication of awards)

Overall male and female: 1st-3rd places

Overall master male and female: 1st-3rd places

3 deep in 5-year age groups: 8-10, 11-14, 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, 80-84 and over 85
First Farmingdale residents (male & female), First wheelchair (male & female)
Racewalkers

RUNNERS MUST BE OF AGE 8 OR OLDER TO RUN THE FULL MILE.

Children under 8 are welcome to run in the 1/4 mile fun run

We CHALLENGE you to enter the 1 Mile Challenge!

Compete in both the Massapequa Merchants Mile, Saturday, August 9 and the Main Street Mile! Special awards for best combined times for: Overall Male/Female and First Male/Female in every age group who race in both events!
For a Massapequa Merchants Mile application, call 516-221-3947



John McManus & Pat LaFontaine

Sponsored by

MEYER, SUOZZI,
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Greater Long Island Running Club

World Gym - Wantagh

Nutty Irishman

Library Cafe

Babylon Bike Shop

Bill Romas, LMT

Long Island Tri Coach

Dr. Joseph Ciaccio, DDS

Mizuno

LBI Software Engineering



NUMBER PICK-UP

August 29, 1:00 pm-5:00 pm

August 30, 1:00 pm-3:00 pm

Runner's Edge, 242 Main Street,

Farmingdale, New York 516-420-7963

WAVE START

Please allow 20 minutes to get to start. Race will be in waves of no more than 200 runners each. Waves will be 20 minutes apart.

DIRECTIONS TO RACE

From Seaford Oyster Bay Expressway – take Hempstead Tpke. East. Continue about 2 miles, make a left on Main Street, Runner's Edge is on your left.

Take Southern State Parkway to Exit 30 North, Broadway, towards Farmingdale, turn right on Boundary Avenue (turns into Merritts Rd.), make a right on Hempstead Tpke. Main Street is approximately 1 mile to the east. Make a left, the Runner's Edge is on your left: 242 Main Street. Municipal parking lots are located behind the stores on both sides of Main Street.

*Time is subject to change due to train schedule

You can register online at www.active.com - http://www.active.com/event_detail.cfm?event_id=1594771

MAIL IN RACE APPLICATION FOR THE MAIN STREET MILE

MAIL-IN REGISTRATION DEADLINE FOR \$15 FEE: POSTMARKED OR ONLINE BY AUG. 28, 2008

LATE REGISTRATION - \$20

KIDS FUN RUN - \$5.00 (SHIRT NOT INCLUDED)

Results provided by Finish Line Road Race Technicians at www.flrrt.com

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Age (as of 8/30/08) _____ D.O.B. ____/____/____ Sex: Male Female

Club/Team Affiliation _____ Champion Chip No. _____

Race Preference: 1 MILE* 1/4 Mile Kids Fun Run

*Must be 8 or older to run the mile

T-Shirt Size: SM MED LG X-LG

Participant Category: Runner Race Walker Wheelchair

I, the undersigned, hereby waive and release any and all rights and claims I may have against Runner's Edge, Companions in Courage Foundation, The Incorporated Village of Farmingdale, The County of Nassau, Finish Line Road Race Technicians and all the sponsors for damages which I may have arising out of said event. I am physically fit and have trained for this race. By making this application I warrant that my physical condition has been verified by a licensed medical doctor. I hereby grant full permission to any and all the foregoing to use any pictures or any other record of this event for any purpose whatsoever. If signed by a parent on behalf of a minor, the parent agrees to the foregoing on behalf of such minor and the parent.

Signature _____

Signature of parent (if minor) _____

Date _____

Make Check Payable to: Companions In Courage Foundation

Mail to: 632 Broadway, Suite 165, Massapequa, New York 11758 or you can register online at www.active.com

For more information on the race or sponsorship opportunities, call Runner's Edge at 516-420-7963 or email mainstreetmile@aol.com