



Wellness Run on November 7

Friday, 05 November 2010 00:00

Get healthy, have fun and contribute to those in need by participating in the Second Annual Massapequa Wellness Run on Sunday, Nov. 7. Choose between a 5K competitive run or a 1K fun run/walk. Register online or on the day of the races.

The event, sponsored by the Massapequa Wellness Committee and the Physical Education/Health departments of the Massapequa School District, drew more than 300 participants last year.

“We hope to surpass last year’s turnout,” said John Piropato, Massapequa School District’s director of Health, Physical Education and Athletics. “Proceeds will benefit the iMatter Surf Camp for Children with Autism.”

Each participant will receive a T-shirt. Awards will be given to the top finishers according to age groups, to all 1K participants, and to the two elementary schools with the highest registration. Details are as follows:

Times: 1K fun run at 9 a.m.

5K competitive race at 9:30 a.m.

Place: Massapequa High School-Main Campus

4925 Merrick Road

Massapequa, NY 11758

Registration and Check-in: 7-8:45 a.m.

Entry Fee: Massapequa students \$5, adults \$15

Register online at active.com or on race day.

Children ages 4 and under are free.