



Purity Products

2022 Important Race Day Information- Sunday, September 11, 2022

Directions: From Nassau County: Wantagh Parkway to the end at the traffic circle by the Jones Beach water tower. Take Ocean Pkwy EAST to TOBAY Beach on the left side of the Pkwy (4 miles EAST of the Jones Beach water tower on Ocean Pkwy)

From Eastern and Central Suffolk County: Sagtikos Parkway south and follow signs to the Robert Moses Causeway south towards Fire Island. After the drawbridge, exit off to the Ocean Parkway west. Follow Ocean Parkway west to TOBAY Beach.

Packet/Number Pick-up/Late Registration:

* Friday, September 9 at Runner's Edge, 242 Main St., Farmingdale, - 4:00-6:00pm

* Sunday, September 11- TOBAY BEACH --6:45 AM to 7:45 AM (**LATE Registration ends at 7:45**)

We recommend that you arrive early to set up your transition space and pick-up your packet

-- The first wave starts at 8:30am SHARP

Wave 1, 8:30am- Blue Swim Caps: All Men

Wave 2, 8:35am- Purple Caps- ALL WOMEN and Relay Teams

NEW**There will be hands on volunteer projects on site, following the completion of the race, that will help support UJA's core partners and local food pantries in their work to fight poverty in our community.

3 Mile Run Only: The Run Only begins at 8:30am in the parking lot a few yards east of the Transition Area. Please make sure that you pick up your Bib # (must be worn on the front of your shirt). Please listen to the race morning announcements. You may want to apply insect repellent prior to the run. We will have some available near the transition area.

Kid's Fun Run- This untimed ¼ mile fun run, will begin at approximately 10 a.m. in the southern part of the parking lot. Please listen for announcements after the start of the other races. Race Directors Drs. Steve and Holly Jonas will be making announcements. All kids will receive a medal!

Aqua Run & Aqua Run Relay: Please make sure that you have your race timing chip on race morning. It must be worn on your ankle. If you are wearing a wetsuit- DO NOT COVER THE CHIP WITH YOUR WETSUIT. Wear the chip on your ankle BELOW your wetsuit. If you are doing a relay- the swimmer MUST pass the runner the timing chip in the transition area or the team will not be timed. Please wear your bib# on the front of the shirt that you will be running in.

You will be assigned a designated area in the Transition Area based upon your race#. It will be a small space for you to keep your running shoes and a towel and a very small bag. **Only Aqua Run & Aqua Run Relay participants will allowed in the Transition Area.** Relay Teams must exchange their timing chip with their relay partner at their designated transition spot

*The swim direction will be determined by the lifeguards on race morning. Your swim cap color matches your designated wave. You MUST start in your designated wave

*We suggest that you have bug spray in your transition area and you apply it before you go out on the run (there may be mosquitos in the nature preserve).

*For the safety of all participants: No headphones are allowed!

*Don't forget to stick around for the Post Race Raffle to be held after the award ceremony!

*Results and photos will be available at: <https://runsignup.com/Race/NY/Massapequa/UJAFederationofNewYorkRace>

And, most importantly,..... Don't Forget to HAVE FUN!!!