



4th Annual Long Island Run & Dog Walk Competitive Timed Race Categories

A race medal will be awarded to the male and female overall winner.
Additionally, the top 3 females and the top 3 males in EACH age category below
will also be awarded a medal.

1. Under 16
2. 16 to 19
3. 20 to 24
4. 25 to 29
5. 30 to 34
6. 35 to 39
7. 40 to 44
8. 45 to 49
9. 50 to 54
10. 55 to 59
11. 60 to 64
12. 65 to 69
13. 70 to 74
14. 75 +

