

# NORTH ROCKLAND COMMUNITY

## Seventh Annual 3 Mile Run/Walk

**Sunday, June 6, 2010, 9:00 AM**  
**“WE CARE”**

**Where:** Start and finish at Bowline Point Park, Haverstraw, NY

**Course:** Very Scenic (fabulous river views), flat and fast

**Race Day Schedule:** 7:00 AM - 8:45 AM Race Check-in & Registration

Rain or Shine

8:30 AM Children's Fun Runs

9:00 AM 3 Mile Run Start

\* *ChampionChip scoring by Super Race Systems chips distributed race day \**

*All computer chips **must be returned** at the finish line*

**AWARDS:** Top 3 m/f overall, 15 & under, 16-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
T-Shirts guaranteed **ONLY** to all pre-registrants (excluding children's fun runs)

**FEE:** Pre-Registration (Postmarked on or before 6/1/2010) - \$20  
After 6/1/2010 - \$25 Race Day registration - \$25 for all participants  
Children's Fun Runs - \$3 donation - Age 12 and under – medals to all finishers

**INFORMATION:** Call 845-429-2200 or on the web at [www.townofhaverstraw.us](http://www.townofhaverstraw.us)

Make checks payable to NRCFD. Mail entry form to NRCFD, 1 Rosman Road, Garnerville, NY 10923

PLEASE PRINT

Last Name \_\_\_\_\_ First \_\_\_\_\_ Age on 6/6/2010 \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Street Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Town/City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Amount Enclosed: Postmarked on or before June 1, 2010 \$20 \_\_\_\_\_

Race day registration (after June 1, 2010) \$25 \_\_\_\_\_

For Official Use

/my business/corporation would like to be a sponsor for this community event. Please contact me at \_\_\_\_\_.

I know that running/walking and volunteering to work in races are potentially hazardous activities. I should not enter and run in activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and upon consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, waive and release the Town of Haverstraw, Village of West Haverstraw, ChampionChip Scoring, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by this guideline. No refunds, exchanges or transfers.

Signature \_\_\_\_\_ Parent's, if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Visit [www.townofhaverstraw.us](http://www.townofhaverstraw.us) for more info

**Proceeds benefit North Rockland residents**

**Sean DePatto, Family of Glenn McElroy, & Jimmy Place**

**Come on out and let Sean, Jimmy, & Glenn's sons Ryan & Jacob, know  
“We Care”**

**Please arrive early!!!!!!**

**Directions from New York City:**

Via NYS Thruway: Cross Tappan Zee Bridge and take Exit 13N Palisades Parkway north. Take parkway to Exit 13. Turn left at end of ramp onto Thiells-Mt Ivy Rd. Turn right onto Suffern Lane. Suffern Lane becomes Railroad Avenue. Turn right onto Samsondale Avenue. Turn left into park entrance.

Via George Washington Bridge: To Palisades Parkway north to Exit 13. Follow above directions.

Directions from Orange County and Bear Mountain Bridge:

Via Palisades Parkway south: To Exit 14 Willow Grove Road. Turn left onto Willow Grove Road. Proceed to third traffic light, turn right onto Rte. 9W. Go to first traffic light, turn left onto Railroad Avenue. Turn right onto Samsondale Avenue. Turn left at park entrance.

Via Rte. 9W: Take Rte. 9W south to Railroad Ave. (just south of Helen Hayes Hospital) and turn left. Turn right onto Samsondale Avenue. Turn left at park entrance.