

Inaugural 5k Rockie's Benefit Race

*****Proceeds to benefit trail maintenance at the Rockefeller State Park Preserve*****

8:30 am Saturday Nov 8, 2008 *Field Limit of 125*

\$20 Pre-registration entry fee. Entries must be received by Nov 4th. **NO REFUNDS.** Limited Race Day Entries: \$30 Day of Race-Registration closes 8:00 am! (If your entry is received after field limit is reached your check WILL be returned to you—check westchestertrack.org for up to date information on entry availability). **Make Checks Payable to: Natural Heritage Trust**

Don't just run at Rockie's--Race at Rockies! 5k Loop in beautiful Rockefeller Preserve, Pocantico Hills NY (Rt 117), including Pocantico River and Gory Brook Trails--some hills, carriage paths.

> Wheel Measured > Mile Markers > Post Race Refreshments > Awards top 3 Male/Female > Age group awards (winner)
M/F 15 & under, 16-19; 20-29, 30-39, 40-49, 50-59, 60+

SPONSORS

WESTCHESTER TRACK CLUB

WESTCHESTER ROAD RUNNER

FIELD LIMIT OF 125 Limited Race Day Registration

Check westchestertrack.org for up to date information on availability

Parking available at Rockefeller Park Preserve Main Entrance on Rt. 117, one mile east of Route 9, Pocantico Hills NY. There will be no charge to enter parking lot up until 8:00am, after that regular park fees (\$6 daily pass) apply. Then follow signs for short walk to start/finish.

No strollers, dogs, wheels of any kind allowed during the race.

Awards ceremony at finish.

Questions? Contact: stellamedina@comcast.net or 917 806 6449

Make Checks Payable to: Natural Heritage Trust

Mail check and entry form to: Rockefeller State Park Preserve, Attn: Race Entry,
P.O. Box 338, Tarrytown, NY 10591-0338

Registration form below. Entry forms also available at the RSPP office, Rt. 117 Pocantico Hills and the Westchester Road Runner, 179 E.Post Road, White Plains NY. (Entry forms and checks can also be dropped off at RSPP office).



KEEP TOP PORTION

FIRST NAME: _____ LAST NAME _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL ADDRESS: _____

AGE ON RACE DAY: _____ DOB: _____ MALE / FEMALE (circle one)

I know that running a road/cross country race is a potentially hazardous activity. I should not enter and run 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 this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat, humidity, or wet conditions, traffic and conditions of the road/trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Westchester Track Club, Westchester Road Runners, the State of New York and all sponsors, their representatives, employees, volunteers and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purposes. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in this race and I will abide by this guideline.

I HAVE READ THE ABOVE WAIVER AND AGREE TO ALL TERMS

SIGNATURE (GUARDIAN IF UNDER 18): _____