

RUN THE THIRD ANNUAL ROCKY'S 5K RACE!

SATURDAY, OCTOBER 30TH, 2010, 9:00AM START.

\$25 ENTRY FEE. REGISTER ON ACTIVE.COM

MORE INFO AT WESTCHESTERTRACK.ORG

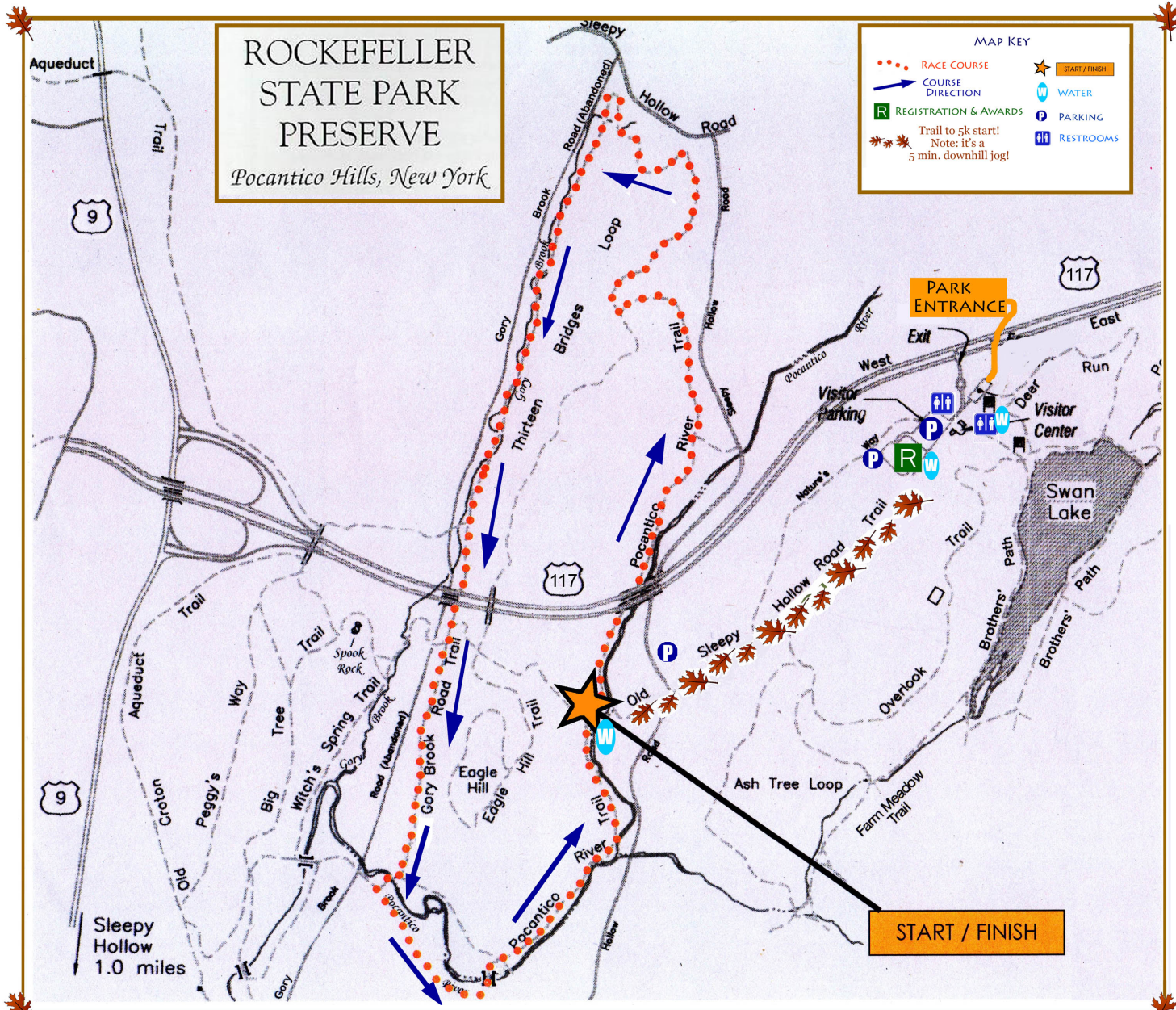
5K LOOP WITH CHIP TIMING ON THE CARRIAGE TRAILS & HILLS AT ROCKEFELLER STATE PARK PRESERVE, BEAUTIFUL AUTUMN SCENERY!

PROCEEDS BENEFIT TRAIL MAINTENANCE.

T-SHIRTS, REFRESHMENTS, AWARDS & RAFFLE PRIZES, TOO!
ENTER EARLY: RACE IS CAPPED AT 300!



Race to benefit the RSPP Trails



- A TOP 3 M/F; AGE GROUPS; TEAM DIVISIONS;
- W "MOST IMPROVED RUNNER" (MUST HAVE RUN IN '09),
- A TEAM CATEGORY (NO EXTRA CHARGE FOR TEAM REG.)
- R SPECIAL PRIZE FOR THE "CENTURY TEAM"
- D (FASTEST M/F TEAM WITH COMBINED AGE 100 OR OVER).

ARRIVE BEFORE 8:30AM FOR FREE PARKING IN LOTS ON RTE 117

N STARTING AT 8:30AM, FEE IS \$6 PER CAR.
O (NO FEE WITH A VALID EMPIRE PASSPORT.)

T ALL CHIPS DISTRIBUTED ON RACE DAY.

E T-SHIRTS & BIBS CAN BE PICKED UP AT WESTCHESTER ROAD RUNNER,

S THUR 10/28 & FRI 10/29 BETWEEN 10AM & 7PM, OR PRIOR TO RACE AT ROCKY'S

LIMITED RACE-DAY ENTRIES: \$30 (IF RACE CAP NOT MET/CASH ONLY,) SORRY, NO DOGS, STROLLERS, OR WHEELS OF ANY KIND.

THANK YOU TO OUR SPONSORS & PARTNERS!



914.682.0637

