

3rd Annual Rocky's 5k

*****Benefits trail maintenance at the Rockefeller State Park Preserve*****

9:00 am Saturday Oct 30, 2010 Field Limit 300

\$25 Pre-registration fee by Oct. 8th, \$35 until Oct 27th. NO REFUNDS. Limited Race Day Entries, registration opens 7:45am.

Beautiful 5k measured loop on carriage paths in Rockefeller State Park Preserve, Sleepy Hollow. Online registration at Active.com, or mail entry form below. SPONSORS: WHOLE FOODS MARKET, WESTCHESTER TRACK CLUB, WESTCHESTER ROAD RUNNER.

Chip timing, results posted at finish. T-shirts, refreshments. Awards-Top 3 M/F overall. Age Groups 3 deep M/F. 1st Place for each team (Male/Female/Coed). Register individually or as a team of 2. No extra charge to register a team. Century Team award—Fastest coed team with cumulative age 100 and up. Photos will be available at <http://friendsrock5k.shutterfly.com>

FIELD LIMIT OF 300 Check westchestertrack.org and active.com for up to date information on availability

Parking at Rockefeller Park Preserve Main Entrance on Rt. 117, one mile east of Rt 9, Sleepy Hollow NY. You must enter the parking lot before 8:30 am to park free of charge. Starting at 8:30 am there is a \$6 charge per car. If you have a valid Empire Passport there is no charge. Empire Passports can be purchased at Visitor Centre M-F, 9-4.

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

Bib & T-shirt pick up at Westchester Road Runners 179 East Post Road, White Plains, NY (914) 631-1470, 10/28 and 10/29 between 10am & 7pm, & at Rocky's race morning. **Questions? Contact: stellamedina@comcast.net or 917 806 6449. REGISTER ONLINE AT ACTIVE.COM -or-**

Make Checks Payable to: Friends of RSPP

Mail check and entry form to: Rockefeller State Park Preserve, Attn: Race Entry,
125 Phelps Way, Pleasantville, NY 10570



KEEP TOP PORTION

FIRST NAME: _____ LAST NAME _____ Runner / Walker (circle one)

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

PHONE: _____ EMAIL ADDRESS: _____ MALE/FEMALE (circle one)

AGE ON RACE DAY: _____ DOB: _____ CLUB AFFILIATION (optional) _____

Optional Team Registration (2 runners, both must also register individually) Male / Female / Coed / Coed 100 (circle one)

Name of Team: _____ List both names here: _____

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): _____