

Rocky's



5K Race

All Proceeds benefit trail maintenance at Rockefeller State Park Preserve

9:00 am Saturday Oct 29th

Beautiful 5k measured loop on carriage paths in Rockefeller State Park Preserve, Sleepy Hollow.

SPONSORED BY WESTCHESTER TRACK CLUB

Chip timing - T-shirts - Refreshments. Awards: Top 3 M/F overall & Age Groups 3 deep M/F.

1st Place Team (Male/Female/Coed) - Register individually or a team of 2 - *No extra charge for team registration.*

Century Team award - Fastest coed team with cumulative age 100 and up - Photos at <http://friendsrock5k.shutterfly.com>

FIELD LIMIT OF 325 - Check westchestertrack.org and active.com for up to date availability.

Parking at Rockefeller Park Preserve main entrance on Rt. 117, one mile east of Rt. 9, Sleepy Hollow NY. Must enter parking lot by 8:30am to park for free. After 8:30am is a \$6 charge per car.

Valid Empire Passport holders park free. Empire Passports can be purchased at Preserve Office daily 9am -4:30pm

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, 10/27 and 10/28 between 10am & 7pm, & at Rocky's race morning

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

Register Online At: Active.com *or mail check & entry form below to:*

Rockefeller State Park Preserve-Attn: Race Entry-125 Phelps Way, Pleasantville, NY 10570

Checks Payable to: Friends of RSP \$30 by 10/7, \$35 after (cash/check only on raceday)



K E E P T O P P O R T I O N

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

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

Check one

Runner Walker

Male Female

Optional Team Registration (2 runners, both must register individually)

Check one : Male Female Coed Coed 100

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, Friends of the Rockefeller State Park Preserve, 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 & agree to all terms _____

Signature (Guardian if under 18)