

2009 Interclub Challenge 5K Entry Form

Sunday, March 15, 11:00 AM

Rockland Lake State Park
Route 9W + Lake Rd.
Congers, NY 10920

Directions

From Upstate NY: NYS Thruway South toward Tappan Zee Bridge. Take exit 11. Make a left at end of ramp onto Rte. 59 east. Continue to first traffic light (Rte. 9W). Make left turn onto Rt 9W North. Park is 4 miles on the right. Take second (north) entrance into park.

Alternate route from Upstate NY: Route 17 East or NYS Thruway South to Harriman. From 17, take exit 130A, to Rt. 6 East (toward Bear Mt.) Continue on Rt. 6 to traffic circle. Take Palisades Parkway South to exit 13, Rt. 202. Turn left on Rt. 202 East (toward Haverstraw). Continue on 202 approximately 4 miles to Rt. 9W South. Take 9W South approximately 4 miles (at intersection of Rt. 303 in Congers, 9W turns to the left). Follow signs to stay on 9W. Enter Park at the first (north) entrance.

From Eastern Orange County: Route 9W South to Bear Mt. traffic circle. Continue south on Rt. 9W approximately 14 miles (at intersection of Rt. 303 in Congers, 9W turns to the left). Follow signs to stay on 9W. Enter Park at the first (north) entrance.

From Westchester and NYC via NYS Thruway: Cross Tappan Zee Bridge and take Exit 11. Go straight to traffic light. Turn left at light onto Rte. 9W north. Go 4 miles to park on the right. Take second (north) entrance into park.

Further directions and Mapquest link at our Turkey Trot website:

<http://www.rocklandroadrunners.org/races/TT/map.html>

Parking

Parking will be provided in the Rockland Lake north parking lot #1. It is a short warm-up jog up the hill to the start/finish of the race at the Rockland Lake Firehouse. There is no parking available at the firehouse, but you may drive up the hill to drop off passengers or supplies, then park in the north lot.

Course

Rolling out and back 5K on scenic park road.

Post race refreshments and award ceremony will be held at the firehouse

Pre-entry deadline is March 9. Please print and send to:

**JC Santa Teresa
PO Box 132
Congers, NY 10920**

Club (circle)	Sullivan Striders	Rockland Road Runners	Orange Runners Club	Bronx Runners
Name				
Age				
Gender				
Entry Fee	\$ 5.00 (make check payable to "Rockland Road Runners Club")			

WAIVER MUST BE SIGNED

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club 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 or assist in the event. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat, humidity, extreme cold, 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 in consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, hereby waive and release the Road Runners Club of America, the Rockland Road Runners, the Palisades Interstate Park Commission, Town of Clarkstown, County of Rockland, New York State Park Police, County of Rockland Department of Highways, Knickerbocker Engine Co. # 1, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities 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, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. I also grant permission to the event organizers to use or authorize others to use any photographs, motion pictures, video, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration.

Signature: _____ Date: _____ Parent's Signature (if under the age of 18): _____