

11th Annual
ROCKLAND COUNTY POLICE
EMERALD SOCIETY
5K RUN/WALK
SUNDAY MAY 2, 2010
10:00 a.m. START

FEATURES:

- ♣ SCENIC COURSE THROUGH VILLAGE OF PIERMONT
- ♣ BEGINNING AND ENDING AT FLYWHEEL PARK, PIERMONT
- ♣ FAST FLAT 5K COURSE
- ♣ COMPUTER CHIP SCORING
- ♣ SPLIT TIMES EACH MILE: DIGITAL CLOCK AT THE FINISH
- ♣ WATER STATION AT END OF PIER, AND FINISH
- ♣ COMPUTERIZED RACE RESULTS
- ♣ T-SHIRT TO ALL PRE-REGISTRANTS
- ♣ ROCKLAND COUNTY POLICE EMERALD SOCIETY PIPERS ON COURSE
- ♣ RACE RESULTS WILL BE MAILED

AWARDS:

- ♣ OVERALL CHAMPION (MALE & FEMALE)
- ♣ TOP 3 LAW ENFORCEMENT MEMBERS (MALE & FEMALE)
- ♣ TOP 3 FINISHERS (MALE & FEMALE) IN EACH AGE GROUP
- ♣ AGE GROUP AWARDS (9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59,60-69, 70+)

Proceeds to Benefit
Charitable Fund established to assist families of
PO James Coyle (SN/Grandview) and
PO Christopher Brigando (CPD)

For info: www.RamapoPBA.com

RACE DAY SCHEDULE / REGISTRATION:

- ♣ 8:30-9:30 am CHECK IN FOR 5K RUN/WALK AT FLYWHEEL PARK.
- ♣ FEE \$30.00 ON RACE DAY AT FLYWHEEL PARK.
- ♣ AWARD CEREMONY AT CONCLUSION OF RACE AT FLYWHEEL PARK.
- ♣ PLEASE NO BIKING, ROLLERBLADES, BABY JOGGERS, OR PETS ALLOWED ON THE COURSE

FOR ADDITIONAL INFORMATION PLEASE CONTACT

- ♣ www.compuscore.com
- ♣ www.ACTIVE.com
- ♣ Rockland County PBA website (rcpba.org)

PRE-REGISTRATION:

- ♣ PLEASE PRE-REGISTER BY MAIL PRIOR TO APRIL 26, 2010
- ♣ **Online Registration Powered by Active.com (until April 30, 2010)**
- ♣ ONLY PRE-REGISTRANTS ARE GUARANTEED T-SHIRTS
- ♣ FEE \$25.00 FOR 5K RUN/WALK. MAKE CHECK PAYABLE TO RCPES 5K

