

***Women's Distance Festival 5K  
Saturday, July 14, 2012 - 8AM***

***New for 2012***

***\*\*\*\*\* One Lucky Guy \*\*\*\*\****

Yes, One "Lucky" Guy gets to run in the 2012 Women's Distance Festival all women's 5K at Rockland Lake State Park in Congers, NY. He will be chosen randomly from all the men that pay \$5 to enter the lottery. (5 chances for \$20).

The lucky winner will be chosen approximately three weeks before the event. The lottery is open to all males and will run from April 15th to June 23rd. The winner will be notified by email and phone the following week.

If you are selected you will be able to run in the 5K wearing the One Lucky Guy Bib Number. PLUS you will be recognized at the start and the awards ceremony as our special guest. Of course you will win the Male division and set a new men's record in the process. Additionally, the winner will receive a very cool race shirt and your very own official picture.

Lottery Registration: One chance = \$5, 2-4 chances = \$5 each (5 chances for \$20). To enter the lottery, simply fill out the form and sign the waiver below. Make checks payable to RRR, and mail to RRR Women's Distance Festival, P.O. Box 435, Congers, NY 10920.

*Proceeds from the lottery will benefit Rockland Family Shelter*

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***2012 One Lucky Guy Drawing***

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone No.:** \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Number of chances:** \_\_\_\_\_ **Amount enclosed:** \_\_\_\_\_

**PLEASE READ AND SIGN THE WAIVER (YOU CANNOT PARTICIPATE IF WAIVER IS NOT SIGNED)**

Rockland Family Shelter liability excludes road races. 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 the run. 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 or humidity, the conditions of the road and traffic in 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 membership and/or participation, I, for myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Rockland Road Runners Club, Rockland Family Shelter, Palisades Interstate Park Commission, Super Race Systems, 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 person named in this waiver. RRR's insurance policy prohibits the use of strollers, headphones or skates in the race.

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Signature (by parent or guardian if under 18)

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Date