

CLARKSTOWN POLICEMEN'S BENEVOLENT ASSOCIATION PRESENTS



Jami Erlich 5K Run/Walk

OCTOBER 2, 2010 – 9:30 AM

WHERE: Start and finish at Rockland Lake State Park, Congers, NY (North parking lot #1)

COURSE: 3.1 mile run/walk on flat ground

RACE DAY: Race Check-In and Registration – 7:45AM-9:00AM
Wheelchairs start at 9:15AM – Race starts at 9:30AM

**Champion Chip scoring by Super Race Systems, chips distributed on race day only*
All computer chips MUST be returned at the finish line. There is a \$30 charge for all unreturned chips.*

AWARDS: Top 3 m/f overall, 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
Top 3 overall Wheelchair Division (push-rim & hand-crank)

LOOK! Short-sleeve shirts to all pre-registrants.
SHIRTS ARE NOT AVAILABLE FOR RACE DAY ENTRANTS.

FEES: Sept 23 and before..... \$25
Sept 24 – Race Day..... \$30

QUESTIONS? Call 845-639-5829 or email jamierlich5k@yahoo.com

RACE RESULTS: Posted online shortly after race.

Proceeds benefit the Jami Erlich Sunshine Memorial Scholarship Fund.

To make a donation directly to the Jami Erlich Sunshine Memorial Fund, please mail checks to:

Clarkstown PBA c/o Jami Erlich Sunshine Memorial Fund
20 Maple Avenue New City, NY 10956

Pre-Race Packet Pickup
Thurs. Sept. 30 & Fri. Oct. 1
12 noon – 8pm
The Sports Authority
2nd Floor, Palisades Center
Mall

Directions from 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.
Via George Washington Bridge: Stay in the right lane of bridge and get on to the Palisades Interstate Parkway. Take parkway north to Exit 4. Take Rte. 9W north for 12 miles to park on the right. Take second (north) entrance into park.
From NY via GSP: Take the GSP north to NYS Thruway south toward the TZ Bridge. Take Exit 11. Make a left at end of ramp onto Rte. 59 east. Continue to first traffic light (Rte. 9W north). Make left turn. Park is 4 miles on the right. Take second (north) entrance into park.
IMPORTANT: Because of parking issues, it is highly recommended that you arrive NO LATER than 8:30AM

FIRST NAME: _____ LAST NAME: _____ MALE FEMALE

STREET ADDRESS: _____

TOWN/CITY: _____ STATE: _____ ZIP CODE: _____ PHONE: _____

EMAIL: _____ AGE ON RACE DAY: _____ BIRTH DATE: _____

Entry Amount Enclosed:

\$25 Sept 23 and before \$30 Sept 24 – Race Day **Chip Code (chip owners only):** _____

Make checks payable to : Clarkstown PD – PBA Mail Entry to: Clarkstown PBA 20 Maple Avenue New City, NY 10956

-OR-Register Online at: <http://www.active.com/running/congers-ny/jami-erlich-5k-runwalk-2010>

WAIVER MUST BE SIGNED

I know that running and volunteering to work in club races is potentially hazardous. 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 vent. I assume all risks associated with running and volunteering to work in club races including, but not limited to, fall, 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 Clarkstown PBA, Active International, the Palisades Interstate Park Commission, Town of Clarkstown, County of Rockland, Clarkstown Police, 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 part of the persons names 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.

ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS.

Signature: _____ Date: _____

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

The Jami Erlich 5k Run/Walk is in memory of Jami Erlich, a Suffern school teacher and Valley Cottage resident, whose life was cut short last November. Jami was a regular runner at Rockland Lake and the Clarkstown P.B.A. thought it would be fitting to hold this memorial run at the state park where she spent many hours. The proceeds of the event will go to the Jami Erlich Sunshine Memorial Fund. Thank you, in advance, for your support.