



Bill Fortune Memorial 10k & 5k Runs Benefiting Meals on Wheels Programs & Services of Rockland, Inc.

Saturday, March 3, 2018, 10:00am

Join us on March 3rd for the 8th Annual Bill Fortune Memorial 10K and 5K to benefit Meals on Wheels Programs & Services of Rockland, Inc. All events start and finish at Rockland Lake State Park, north parking lot. The 6.2 mile course is flat and fast – twice around Rockland Lake.

Schedule

8:00 – 9:30am: Check-In

10:00am: 5k Run Start

10:15am: 10k Run Start

Fees for 5k run/walk:

RRR Members: \$20.00

Non Members: \$25.00

Race Day Registration: \$30.00

Fees for 10k run/walk:

RRR Members: \$30.00

Non Members: \$35.00

Race Day Registration: \$40.00

Awards presented to the top three male and female finishers in the 10K and 5K run for the following age groups: 19& under, 20-29, 30-39, 40- 49, 50-59, 60-69, 70+

Register online through February 26th at www.rocklandroadrunners.org/event/bill-fortune-10k-5k. **Make checks payable to: RRR and mail to Bill Fortune Run**, PO Box 435, Congers, New York 10920. For more information, e-mail Race Director at fortunerun@rocklandroadrunners.org

FIRST NAME: _____ LAST NAME: _____ MALE FEMALE

STREET ADDRESS: _____

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

E-MAIL (PLEASE PRINT LEGIBLY) _____ @ _____

AGE ON RACE DAY: _____ BIRTH DATE: _____ EVENT: _____ 10K Run _____ 5K Run/Walk SHIRT SIZE: _____

I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25.00

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, Meals on Wheels Program & Services of Rockland and 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 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. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, 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): _____