

The Rockland Road Runners presents
21st Annual George Wodicka
Hook Half Marathon & Hope 5k Run/Walk

To benefit United Hospice of Rockland
Sunday, April 18, 2010



Course: All events start and finish at Rockland Lake State Park, north parking lot. The 13.1 Half Marathon course is challenging, and a portion runs along the scenic Hudson River. 5k Run/Walk course is flat and fast around Rockland Lake.

Start Times: Half Marathon – 8:30AM 5k Run/Walk – 8:30AM Kids Run – 8:00AM - Distances vary

Registration Fees: \$15 - RRR members before April 1st \$ 2 – Kids Run
\$25 – non-members before April 1st \$30 after April 1st and on race day

Awards: \$100 to the first place male and female overall finishers for the Half Marathon & 5k Run. Prizes presented to the top three male and female finishers in the half marathon and 5k run for the following age groups: 19& under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Teams: Organize a team of walkers and compete in win the Avanti Cup. Ask friends, family and neighbors to sponsor your participation. For more information on walking teams, contact Connie at United Hospice of Rockland at 845-634-4974

T-Shirts: Guaranteed to the first 500 registrations for run or walk events. NO T-shirts for race day entries

Make checks payable to: RRR and mail to Hook Half Marathon, PO Box 435, Congers, New York 10920

For more information contact: www.rocklandroadrunners.org or e-mail Richard Tinger at hookhalf@rocklandroadrunners.org or call 914-720-9139

Pre-Race Packet Pick-up on Thursday, April 15th from 4 -8PM at United Hospice of Rockland, 11 Stokum Lane, New City, NY.

Race Day Packet Pick-Up also available. Arrive before 8AM to avoid parking fees.

FIRST NAME: _____ LAST NAME: _____ MALE FEMALE

STREET ADDRESS: _____

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

E-MAIL: _____ @ _____ AGE ON RACE DAY: _____ BIRTH DATE: _____

EVENT: Half Marathon 5k Run 5k Walk

I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2010 calendar year.

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, United Hospice 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): _____