



Rockland Road Runners present the 30th annual

South Nyack 10 Miler

Sunday, September 9th, 2018

Course: Starts on Franklin Street behind the South Orangetown Fire House, 90 Depot Place, South Nyack. Scenic out-and-back course along the Hudson River to Piermont, with the turnaround at the end of the pier.

Start: Children's Run - 8:15am, 10 Miler - 8:30am

Fees: Children's Run: \$3

10 Miler pre-registration (before midnight on September 4th): \$30 for RRR members, \$35 for non-members

10 Miler late registration (September 5th through packet pickup): \$40

Packet Pickup: Saturday, September 8th from noon to 3pm

Dick's Sporting Goods, Palisades Mall, West Nyack, NY

Awards: Citizen Watch to overall male and female winners

Top 3 male and female winners (removed from age group awards), male and female Masters (over 40)

Top 3 male and female in age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

For more information or to register online, go to: www.rocklandroadrunners.org/event/south-nyack-10-miler

Make checks payable to Rockland Road Runners and mail to: **South Nyack 10 Miler, P.O. Box 435, Congers, NY 10920**

(No refunds)

If you have any questions, please contact us:

Race Director: Clayton Combe – clayton.combe@gmail.com

Registration: Kathleen Daly – kdrunner2002@yahoo.com

First Name:

Last Name:

Male **Female** **Age on Race Day:**

Birthdate:

Address:

Phone:

Email:

Event: 10 Miler Children's Run

WAIVER

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, Rockland Road Runners, the Villages of South Nyack, Grandview, and Piermont, the South Nyack and Piermont Fire Departments, 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.

Signature:

Date:

Parent Signature (under 18):