



The Rockland Road Runners presents

The 21st Annual

South Nyack Ten Miler

To benefit Junior Achievement, the South Nyack and Piermont Fire Departments

Sunday, September 13, 2009 – 8:30AM

Course: Starts at South Nyack Fire House, 90 Depot Avenue, South Nyack. Scenic and challenging with views of the beautiful Hudson River.

Start Times: Ten Mile Race– 8:30AM Kids Run – 8:15AM

Registration Fees: \$ 3 – Kids Run \$20 – 10 Miler: RRR members before September 1
\$25 – 10 Miler: non-members before September 1 \$30 – 10 Miler: after September 1 and race day

Awards: \$100 to the first place male and female overall finishers. Prizes presented to the top three male and female finishers in the following 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+

T-Shirts: Guaranteed to the first 500 registrations. NOT guaranteed for race day entries.

Race day photos by Ken Shelton Photography. Participants must clearly print e-mail address below to participate. Visit <http://www.backprint.com/kenshelton>

Race Packet Pick-Up: Saturday, September 12, from 12 Noon to 4PM at Gracie's Ravioli, 140 Main St. (entrance on Franklin St.) Nyack, New York or on race day from 6:30AM to 8:00AM.

Make checks payable to: RRR and mail to South Nyack Ten Miler, PO Box 435, Congers, New York 10920. For more information go to: www.rocklandroadrunners.org or contact Kathleen Daly at kdrunner2002@yahoo.com, (845) 512-8009 or Bernie Casserly at berniescash@aol.com.

LAST NAME: _____ FIRST NAME: _____ [] MALE [] FEMALE

AGE ON RACE DAY: _____

STREET ADDRESS: _____

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

E-MAIL: _____ @ _____ • _____ BIRTH DATE: _____

EVENT: ___ 10 Miler ___ Kids' Run

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, Rockland Road Runners, Junior Achievement, 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.

ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS

Signature: _____ Date: _____

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

I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2009 calendar year.