



# ROCKLAND ROAD RUNNERS PRESENT THE 27<sup>th</sup> ANNUAL

Hearing Solutions of Rockland



CITRINCOOPERMAN<sup>®</sup>  
FOCUS ON WHAT COUNTS



## 5 MILE TURKEY TROT for the Marisa Fund

A CHARITY AFFILIATED WITH THE PEDIATRIC CANCER RESEARCH FOUNDATION

### Thanksgiving Day, November 22<sup>nd</sup>, 2018 - 8:30 AM

**WHERE:** Start & finish at Rockland Lake State Park, Congers, NY (north parking lot #1)

**COURSE:** First 2 miles are rolling hills, last 3 miles are flat (USATF certification # NY03014AM)

**RACE DAY SCHEDULE:** *Race Starts at 8:30AM - Wheelchairs start at 8:15AM*

**AWARDS:** Top 10 m/f overall 15 & under, Top 3 m/f overall 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+  
Top 3 overall Wheelchair Division (pushrim & handcrank)

**Long-sleeve shirts to all who pre-register before Nov. 15th.**

**IN PERSON REGISTRATION AT MODELL'S: RUNNERS WHO REGISTER AT MODELL'S WILL RECEIVE SHIRTS ON A FIRST COME FIRST SERVE BASIS. - Nov. 19, 20, 21**

**FEES: \$35 - General | \$25 - RRR members | \$20 Senior ( 65+) (must be pre-registered)**

**QUESTIONS?** Call 914-522-3890 or email [turkeytrotdirector@rocklandroadrunners.org](mailto:turkeytrotdirector@rocklandroadrunners.org)

**ON LINE:** Register at [www.rocklandroadrunners.org/turkeytrot](http://www.rocklandroadrunners.org/turkeytrot)

**RACE RESULTS:** Posted Next Day

**\*Join the Thanksgiving spirit!**

All participants are requested to bring nonperishable food for our annual food drive.

All collected food will be given to "PEOPLE TO PEOPLE" for needy families throughout Rockland County.



**PRE-RACE REGISTRATION SHIRT & RACE NUMBER PICKUP**

Mon., Tues., & Wed.  
Nov. 19, 20, 21  
12 noon - 8 PM

**MODELL'S**  
2th Floor, Palisades Center  
West end of mall



## HAPPY THANKSGIVING!

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_  MALE  FEMALE

STREET ADDRESS: \_\_\_\_\_

TOWN/CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

E-MAIL \_\_\_\_\_ @ \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

Entry Amount Enclosed:  \$35  \$25 RRR members Membership #: \_\_\_\_\_  \$20 Senior - Age 65+ (must be pre-registered)

I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2018 calendar year.

I/My business/corporation would like to be a sponsor for next year's Turkey Trot. Please contact me.

**Make checks payable to: RRR Mail entry form to: Turkey Trot c/o RRR, P.O. Box 435, Congers, New York 10920**

### 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, People to People, Rockland County Policy Hispanic Society, New York State 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 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.

ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent's Signature (if under the age of 18): \_\_\_\_\_

# Arrive Early!

## Road closed for race at 8:00am

**[ NO Race Day  
Registration ]**

### Pre-Race Registration Shirt & Race # Pickup

Mon., Tues., & Wed.

Nov. 19, 20, 21 • 12 noon – 8 PM

**MODELL'S**

2nd Floor, Palisades Center  
West end of mall

**Support your favorite runner,**  
or get others to support you and  
help us to help kids with cancer by  
signing on to our donation page at

[www.marisafund.org](http://www.marisafund.org)

The Marisa Fund is dedicated to wiping out  
pediatric cancer in our lifetime...join us in the fight!

## Contribute to a Cure

**100% of your donation supports cancer research  
and suffering children and families.**

The Marisa Fund is team of volunteers who aren't paid a salary, nor pursue rich promotional or advertising campaigns. We keep expenses to a minimum so every dollar you give makes a difference.

### Supporting Research

The Marisa Fund is dedicated to wiping out pediatric cancer in our lifetime...join us in the fight!

### Helping Families

The Marisa Fund provides financial assistance to families of children with cancer when insurance is not enough and they are unable to meet the high cost of care



**\$1.00**

A \$1 donation could be THE dollar that finds a cure for childhood cancer and puts an end to the suffering of sick children.

**\$10.00**

A \$10 donation pays for one hour of babysitting and allows mom and dad to take their child for chemotherapy while the healthy child remains at home.

**\$25.00**

A \$25 donation pays for one way transportation to the hospital or home from school for a sibling of a sick child.

**\$100.00**

A \$100 donation pays for basic groceries for a family whose dollars are spent on treatment, leaving no budget for food.

**\$250.00**

A \$250 donation helps pay for an iPad so family members can FaceTime with a sick child that can't be at home.

**\$500.00**

A \$500 donation pays for 1-2 hours of research with the top Oncology professionals in our country.

### Want to donate by mail? No problem!

Donations can be made by mail by sending your check to:

**The Marisa Fund**  
C/O David Goldwasser  
3309 Leeward Drive,  
Haverstraw, NY 10927

Please make checks payable to The Marisa Fund



**CITRIN COOPERMAN**  
FOCUS ON WHAT COUNTS



Rich, Nancy & Anthony  
**Fernandez**



**Dr. Peter Costa**  
North Rockland Podiatry

**Iturbe Family**

**Endick Family**



**Lenny Sullivan**

**Hearing Solutions  
of Rockland**



**Bernie Casserly**

**Mitchell S. Cairo, MD.**



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**MAX**

**Brook Valley  
Podiatry**

**Mom, Dad, Ella & Molly**



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CENTER**

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**Centerock Podiatry**  
specializing in foot and ankle care

**The  
Humphrey Family**

**Rockland Renal Associates**