

# ROCKLAND ROAD RUNNERS PRESENTS THE 19<sup>TH</sup> ANNUAL



## 5 MILE TURKEY TROT

### for the Marisa Fund

# Thanksgiving Day, November 25, 2010 - 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 Check-In and Registration - 6:45-8:00AM

Wheelchairs start at 8:15AM - Race Starts at 8:30AM

**AWARDS:** Top 3 m/f overall, 15 & under, 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+  
Top 3 overall Wheelchair Division (pushrim & handcrank)

**Long-sleeve TECHNO shirts to all pre-registrants.**  
*SHIRTS ARE NOT AVAILABLE FOR RACE DAY ENTRANTS*

**FEES:** \$25 - General    \$20 - RRR members  
Senior Special (Age 65+) .....\$20 (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

### Ken Shelton Photography

Is the official event photographer for the 2010 Turkey Trot

Find your photos at:  
[www.kenshelton.com](http://www.kenshelton.com)

#### PRE-RACE REGISTRATION RACE PACKET PICKUP

Mon, Tues. & Wed  
Nov. 22, 23 & 24  
12 noon - 8 PM

Adler Community Room  
4th Floor, Palisades Center  
Mall Near skating Rink



**\*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.

*Last Year for Limited Race Day Registration!*

## 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:  \$25     \$20 RRR members    Membership #: \_\_\_\_\_     \$20 Senior Special - 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 2011 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, Active International, Good Samaritan Hospital, 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): \_\_\_\_\_