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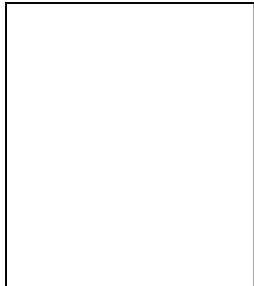
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REGISTER ONLINE AT [WWW.ROCKLANDROADRUNNERS.ORG/WDF](http://WWW.ROCKLANDROADRUNNERS.ORG/WDF)



ROCKLAND ROAD RUNNERS-WDF  
P.O. BOX 435  
CONGERS, NY 10920

**Dated Material**

*Rockland Road Runners*

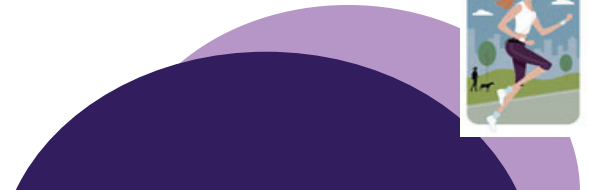
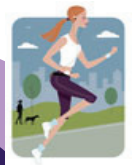


*22nd Annual  
Women's  
Distance  
Festival  
5K Run/Walk*



*Benefiting the  
Rockland Family Shelter.*

**July 11th 2009  
Rockland Lake State Park  
Parking Field #1**



# WOMEN'S DISTANCE FESTIVAL 5K RUN/WALK

Saturday, July 11 2009

## RACE DAY EVENTS

- 6:30 a.m. Check-in begins.
- 7:15 a.m. Children's registration closes.
- 7:30 a.m. Children's Runs start
- 7:45 a.m. Last check-in for 5K.
- 8:00 a.m. SHARP 5K Race.
- 8:05 a.m. 5K Walk.
- Due to NYS regulations a parking fee is charged after 8:00 a.m.

## AWARDS

- \$100 to the winner and an additional \$100 for beating the course record! (Course Record 16:05 Donna Combs 1993).
- Top 3 Runners Overall
- Top 3 runners in age categories 19 and under and 10 year increments thereafter.
- Top 3 walkers under 40 yrs and top 3 walkers 40 and over.

TEAM AWARDS : join with your sister or mother/daughter and enter as a team. Awards to top Mother/Daughter and Sister/Sister teams.

## KIDS RACES

- FREE (fill out entry for each child participating)
- Medals to all participants!



**VERIZON WIRELESS HopeLine** - Runners, spectators and volunteers are encouraged to bring no-longer-used cell phones and accessories to donate to the Verizon Wireless HopeLine® phone recycling program. Collection boxes will be located at **the race registration area**. For each phone collected, Verizon Wireless will donate \$5, up to \$1,000, to benefit the Rockland Family Shelter. Verizon Wireless' HopeLine® **Phone Recycling Program** collects wireless phones and accessories in any condition from any wireless service provider, and then refurbishes or recycles them in an environmentally-sound way.



REGISTER ONLINE: [WWW.ROCKLANDROADRUNNERS.ORG/WDF](http://WWW.ROCKLANDROADRUNNERS.ORG/WDF)

## REGISTER EARLY AND SAVE

- **\$18.00** RRR Member until 7/7 (Rockland Road Runner Membership Required).
- **\$20.00** until 7/7(non RRR members).
- **\$18.00** Ages 12-19 and 60 yrs and over until 7/7.
- **\$25.00** From 7/8 to race day! NO EXCEPTIONS! (T-Shirt NOT guaranteed).
- **JOIN RRR?** Join now and receive the discount and the remainder of 2009 membership!

## ADDITIONAL INFORMATION

- *Technical Shirts designed by Claudia Cohen.*
- Technical T-Shirts guaranteed to first 400 registrants!
- Tricky Tray Auction: buy tickets at the Auction table. Great prizes!
- Ken Shelton Photography is the official photographer, visit [www.backprint.com](http://www.backprint.com) to view and purchase your race photos.
- USTAF Certified #NY05017AM (FLAT & FAST)
- Champion Chip scoring. \$35 fee for unreturned chips.
- Visit our website for directions.
- Pre-Race Packet pickup:  
Thursday, July 9th, 5-7 p.m.  
Rockland Family Shelter Office  
9 Johnsons Lane, (off RT 304)  
New City, 634-3391

For additional information please contact:  
**Larry Wolf**: [larrywolf@optonline.net](mailto:larrywolf@optonline.net) (845)634-1800

MAKE CHECKS PAYABLE TO: **Rockland Road Runners**

PLEASE MAIL TO: **RRR-WDF, P.O. Box 435,**

**Congers, NY 10920**

## EVENT REGISTRATION

First name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on 7/11/09: \_\_\_\_\_ D.O.B \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Email: \_\_\_\_\_ @ \_\_\_\_\_

(Email is used to inform you of race news and pictures taken at the race.)

Runner \_\_\_\_\_ Walker \_\_\_\_\_ Kid's Run: \_\_\_\_\_ (check one)

### TEAM ENTRY

**Pre-registration ONLY—no race day team registration).**

EACH team participant must send in an application!

Mother/Daughter \_\_\_\_\_ Sister/Sister \_\_\_\_\_

Team Members Name: \_\_\_\_\_

RRR Membership#: \_\_\_\_\_

**Join RRR?** (Yes/No) enclose additional \$25.

I am unable to run, but I would like to make a donation to the Rockland Family Shelter: \$ \_\_\_\_\_

**Total amount enclosed \$** \_\_\_\_\_ **Check #** \_\_\_\_\_

**PLEASE READ AND SIGN THE WAIVER BELOW.**

**YOU CANNOT PARTICIPATE WITHOUT SIGNING.**

Rockland Family Shelter liability excludes road races. 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 the run. 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 or humidity, the conditions of the road and traffic in 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 membership and/or participation, I, for myself, and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Rockland Road Runners Club, Rockland Family Shelter, Palisades Interstate Park Commission, Super Race Systems, Ken Shelton Photography 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 person named in this waiver. RRR's insurance policy prohibits the use of strollers, headphones or skates in the race.

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Signature (by parent or guardian if under 18)