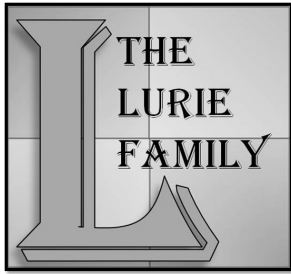


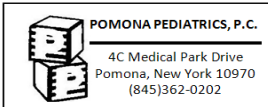
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ROCKLAND ROAD RUNNERS-WDF
P.O. BOX 435
CONGERS, NY 10920



Rockland Road Runners presents,



25th Anniversary
Women's Distance
Festival
5k Run/Walk

And One Lucky Guy!

Saturday, July 14th 2012 - 8 AM
Rockland Lake State Park
Parking Field #1



Benefiting the Rockland Family Shelter

Register online at www.rocklandroadrunners.org/wdf



Women's Distance Festival

5K Run/Walk

Saturday, July 14th 2012

Rockland Lake State Park

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. fees have been increased to \$8!

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.

SPECIAL TEAM AWARDS-RUNNERS ONLY : join with your sister, mother, daughter or grand mother and enter as a team. Awards to top Mother/Daughter, Sister/Sister and Grandmother/Granddaughter teams.

NEW for this year! Club/Team Award (5 or more participants declare your affiliation when registering and before July 10th!).

Kids Races

- Kids races are FREE but donations are welcome. (Please fill out an application for each child participating.)
- Kids races are for both genders. Elementary school age or Younger. 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**. 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. For more information about HopeLine, visit www.verizonwireless.com/hopeline

Register online: www.rocklandroadrunners.org/wdf

Register Early and Save

- **\$18.00** RRR Members until July 10th.
- **\$20.00** Non RRR members until July 10th.
- **\$18.00** Ages 12 -19 and 60 yrs and over until July 10th.
- **\$25.00** From July 11th to race day! NO EXCEPTIONS! (T-Shirt NOT guaranteed).
- **JOIN RRR?** Join now and receive the discount and the remainder of 2012 membership!

NEW!! One Lucky Guy Contest!

- One lucky guy will get to run the race with hundreds of women. He will have his own special commemorative shirt.
- To buy a chance and for more information go to event website or fill in the section provided on this form and include the payment of \$5 per chance (5 for \$20). Winner will be notified via email or phone three weeks before event. Deadline June 24th!

Additional Information

- *Technical Shirts designed by Claudia Cohen* guaranteed to first 400 registrants! Not guaranteed for race day registration.
 - USTAF Certified #NY05017AM (FLAT & FAST)
 - Visit our website for directions.
 - Pre-Race Packet pickup; Thursday, July 12th, 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 or at (845)634-1800

MAKE CHECKS PAYABLE TO:

Rockland Road Runners

PLEASE MAIL TO:

RRR—WDF, P.O. Box 435, Congers, NY 10920

This program collects old worn-out athletic shoes for recycling, transforming them into Nike Grind, a material used in creating athletic and playground surfaces. Bring your old worn-out running shoes to the race and place them in the containers provided.

EVENT REGISTRATION

First name: _____

Last Name: _____

Address: _____

City: _____ ST: _____ Zip: _____

Age on 7/14/12: _____ 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)

One Lucky Guy Contest:

I would like to buy: _____ (#of tickets) at \$5 each (5 for \$20) to enter (name of potential Lucky Guy:)

Club/Team Affiliation:

(EX: RRR, Taconic, WTC, ORC, Sullivan, Murphy Family, RFS or your team name! Teams require five(5) participants to score!)

SPECIALTEAM ENTRY—RUNNERS ONLY!

Team awards: join with your sister, mother/daughter or grand-mother/granddaughter and compete as a team. Each team member must register before July 10th to be eligible! **Pre-registration ONLY! No race day team registration!** Each member of the team must send in an application. (Indicate category and team members name below)

Mother/Daughter _____ Sister/Sister _____

Grandmother/Granddaughter _____

Team Members Name and Relation: _____

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 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.

Signature (by parent or guardian if under 18)