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

DATED MATERIAL

We appreciate your support!



ROCKLAND ROAD RUNNERS

Presents:

# WDF Women's Distance Festival — 30<sup>TH</sup> ANNIVERSARY —

SATURDAY, JULY 8, 2017

8:00<sup>AM</sup>

ROCKLAND LAKE STATE PARK  
CONGERS, NY

— TO BENEFIT —



- Domestic Violence and Sexual Assault Services
- Strategies to End Gender-Based Violence
- Crime Victims Services

Register Online: [www.rocklandroadrunners.org/wdf](http://www.rocklandroadrunners.org/wdf)

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



Rockland Road Runners



RRRresults

## RACE DAY EVENTS

- 6:30<sup>AM</sup> • Check-in Begins
- 7:15<sup>AM</sup> • Kids' Fun Run Registration Closes
- 7:30<sup>AM</sup> • Kids' Fun Run Begins
- 7:45<sup>AM</sup> • 5K Registration Closes
- 8:00<sup>AM</sup> • 5K Race Begins
- 8:10<sup>AM</sup> • 5K Walk Begins
- 9:00<sup>AM</sup> • Awards Ceremony
- 9:00<sup>AM</sup>- • Party in the Park - Fun for the whole family
- 12:00<sup>PM</sup> *Beer, wine, food, vendors & more!*

*\*Due to NYS regulations, a parking fee of \$8 is charged after 8:00AM*

*\*RRR's insurance policy prohibits use of strollers, headphones or skates in the race.*

## AWARDS

- \$100 Top Runner
- \$100 Beating the Course Record  
*(Donna Combs / 1993 - 16:05)*
- \$100 Top Walker *(strict walker rules enforced)* **NEW**
- Top 3 Runners Overall
- **Top 3 Runners Age Categories:**  
13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- **Top Walker Age Categories:** **NEW**  
19 & under, 20-29, 30-39
- **Top 3 Walker Age Categories:** **NEW**  
40-49, 50-59, 60+
- Oldest Female Runner to Finish **NEW**
- Oldest Female Walker to Finish
- **Special Team Runner Awards:**  
Top Sister/Sister Team  
Top Mother/Daughter Team  
Top Grandmother/Granddaughter Team
- Club Team Runner Awards (5+ Runners)  
Top 3 Runners are Scored for Each Team

## KIDS' FUN RUN

- Kids' Race is Free, Donations Appreciated  
*(Please complete an application for each child.)*
- Kids' race is for any gender. Elementary school age or younger. All participants receive a medal!

## REGISTER EARLY AND SAVE

- \$22.50** • RRR Members until July 5<sup>th</sup>
- \$27.50** • Non RRR Members until July 5<sup>th</sup>
- \$22.50** • Ages 9-12 and 60+ until July 5<sup>th</sup>
- \$30.00** • From July 5<sup>th</sup> to Race Day  
*(T-Shirt NOT Guaranteed)*
- \$22.50** • Runners/Walkers participating in Club Teams of 5+

**PLEASE NOTE:** If you are signing up in the Special Team Runner Category *(Sister/Sister, Mother/Daughter, Grandmother/Granddaughter)* and one of the teammates is a RRR Member, you each pay the members-only fee of \$22.50! If neither teammate is a RRR Member, you each pay \$27.50.

**NOT AN RRR MEMBER?** Join now and receive the discounted rate and membership for the remainder of 2017!

*\*In person registration is available at the Packet Pickup or on race day for \$40.00.*

## ADDITIONAL INFORMATION

- Technical Shirts designed by Claudia Cohen guaranteed to the first 750 registrants! Not guaranteed for race day registration.
- USTAF Certified #NY05017AM *(FLAT & FAST)*
- Visit our website for directions to Rockland Lake
- Pre-Race Packet Pickup:  
Thursday, July 6, 2017 • 4<sup>PM</sup> - 8<sup>PM</sup>  
Dick's Sporting Goods  
Palisades Center Mall  
2400 Palisades Center Drive  
West Nyack, NY

For more information, please contact:  
**Mike Seidenfrau** at (845) 270-1025 or  
wdf@rocklandroadrunners.org.

## EVENT REGISTRATION

Register Online: [www.rocklandroadrunners.org/wdf](http://www.rocklandroadrunners.org/wdf)

First Name: \_\_\_\_\_

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

Age on 7/8/17: \_\_\_\_\_ D.O.B.: \_\_\_\_/\_\_\_\_/\_\_\_\_  
*(Applications without D.O.B. will not be accepted)*

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

Email: \_\_\_\_\_  
*(Email is used to inform you of race news / pictures)*

Runner \_\_\_\_\_ Walker \_\_\_\_\_ Kids' Run \_\_\_\_\_  
*(Please check one)*

Shirt Size \_\_\_\_\_

Special Team Runners, Club Team Runners and Fundraising Walkers **must register online.**

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

**Yes! I want to join RRR.**  
*(Please enclose an additional \$25.00)*

Support our 30/30 Campaign by donating in a multiple of \$30 for our 30th anniversary of the race:  
\$ \_\_\_\_\_

**Make checks payable to:** Rockland Road Runners

**Mail to:** RRR Women's Distance Festival  
P.O. Box 435, Congers, NY, 10920

Center for Safety and Change liability excludes road races. I acknowledge that running and/or volunteering to work in road races are potentially hazardous activities. I understand that 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 acknowledge that I assume all risks for injury and/or damage associated with running and volunteering to work in road races including, but not limited to, falls, contact with other participants, the effects of 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 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 (RRR), Center for Safety and Change, 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 this activity, 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 \_\_\_\_\_ Date \_\_\_\_\_  
*(By parent or guardian if under 18)*