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

We appreciate your support!



ROCKLAND ROAD RUNNERS
Present the 32nd Annual



SATURDAY, JULY 13, 2019

8:00^{AM}

ROCKLAND LAKE STATE PARK
CONGERS, NY

TO BENEFIT



Register Online: www.rocklandroadrunners.org/wdf

www.rocklandroadrunners.org



Rockland Road Runners



RRRresults

RACE DAY EVENTS

- 6:30^{AM} • Check-in Begins
- 7:15^{AM} • Kids' Fun Run Registration Closes
- 7:30^{AM} • Kids' Fun Run Begins
- 8:00^{AM} • 5K Race Begins
- 8:10^{AM} • 5K Walk Begins
- 9:00^{AM} • Awards Ceremony
- 11:00^{AM} • After Party – Growler & Grill Beer Shoppe
Nanuet • Fun for the whole family!

* 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.

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

* NO RACE DAY REGISTRATION *

- \$25.00 • RRR Members until July 8th
- \$30.00 • Non RRR Members until July 8th
- \$25.00 • Ages 9-12 and 60+ until July 8th
- \$40.00 • From July 9th to Packet Pickup on July 12th at Dick's Sporting Goods
(T-Shirt NOT Guaranteed)
- \$25.00 • 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 \$25.00! If neither teammate is a RRR Member, you each pay \$30.00.

NOT AN RRR MEMBER? Join now and receive the discounted rate and membership for the remainder of 2019!

* In person registration is available at the Packet Pickup on July 12.

ADDITIONAL INFORMATION

- Technical Shirts designed by Jonathan Farrell guaranteed to the first 1,000 registrants!
- USTAF Certified #NY05017AM (*FLAT & FAST*)
- Visit our website for directions to Rockland Lake
- **Pre-Race Packet Pickup:**
Friday, July 12, 2019 • Noon – 8^{PM}
Dick's Sporting Goods
Palisades Center Mall
2400 Palisades Center Drive
West Nyack, NY

EVENT REGISTRATION

Register Online: www.rocklandroadrunners.org/wdf

First Name: _____

Last Name: _____

Age on 7/13/19: _____ 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)

Celebrate the 40 year history of Center for Safety & Change by donating \$40. \$ _____

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)

AWARDS

- \$100 Top Runner
- \$100 Beating the Course Record
(Donna Combs / 1993 – 16:05)
- \$100 Top Walker *(strict walker rules enforced)*
- 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:**
19 & under, 20-29, 30-39
- **Top 3 Walker Age Categories:**
40-49, 50-59, 60+
- Oldest Female Runner to Finish
- 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