

Race Day Schedule

Sunday, June 6, 2010

7:00 – 8:45 am Race Check-in & Registration
8:30 am Children's Fun Races
9:00 am 3 Mile Run Start

Free Shuttle Bus Service

From: 7:00 AM – 8:45 AM,
10:00 AM – 11:30 AM

Provided from overflow parking area at Peck's Pond to Bowline Point Park.

Bowline Park Road will be closed to vehicular traffic from 8:45 AM – 10:00 AM (there will be no shuttle bus at this time).

No entry to or exit from the park will be permitted during the race (8:45AM – 10:00 AM)

Bus service will resume upon completion of the race at approximately 10:00 am.

Arrive Early!!

For info call: 845-429-2200

www.townofhaverstraw.us

Kid's Fun Runs

8:30 am – 12 and under, distances vary

All finishers receive medals

\$3 donation, Sign up race day

North Rockland Community Day

3 Mile Run/Walk

Proceeds benefit North Rockland residents

Sean DePatto

Sean is a second grade student at Thiells Elementary School who is suffering from leukemia. He was originally diagnosed at the age of 2. He suffered a relapse last spring and the family has never recovered financially from Sean's original diagnosis and the first series of treatments.

Family of Glenn McElroy

Glenn McElroy recently passed away leaving his two sons, Ryan and Jacob. The children, after the tragic and traumatizing death of their father, are now in the care of their grandparents and are in need of financial assistance.

Jimmy Place

Jimmy is an 8th grade student at St. Gregory's School who is suffering from cystic fibrosis. His parents are seeking a new and more expensive treatment for him because his current treatment is no longer effective.

Please help us assist these deserving families. The North Rockland community cares and has always come through. Please find it in your hearts to come to the race and run, jog, walk or slowly meander the course with your family & friends through beautiful Bowline Point Park and Peck's Pond.

North Rockland Community 3 Mile Run/Walk Committee

Howard T. Phillips
Supervisor, Town of Haverstraw

William Sherwood
Supervisor, Town of Stony Point

Joseph Casarella
Athletic Director
North Rockland High School

Michael Greco
Lieutenant, NY State Police
Rockland Road Runners

Sponsorships

If you, or your company, would like information regarding sponsorships for this worthwhile community event, please contact:

Town of Haverstraw 845-429-2200
Joe Bochnik at 845-429-1015.

A portfolio explaining the levels and benefits of sponsorship is available.
All donations are tax deductible

Race Day Volunteers Needed!!

If you can spare a few hours of your time on June 6, 2010, please call:

Haverstraw Town Hall at 845-429-2200

NORTH ROCKLAND COMMUNITY

Seventh Annual 3 Mile Run/Walk

Sunday, June 6, 2010, 9:00 AM
“WE CARE”

Where: Start and finish at Bowline Point Park, Haverstraw, NY

Course: Very Scenic (fabulous river views), flat and fast

Race Day Schedule: 7:00 AM - 8:45 AM Race Check-in & Registration

Rain or Shine

8:30 AM Children's Fun Runs

9:00 AM 3 Mile Run Start

* *ChampionChip scoring by Super Race Systems chips distributed race day **

All computer chips **must be returned** at the finish line

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+
T-Shirts guaranteed **ONLY** to all pre-registrants (excluding children's fun runs)

FEE: Pre-Registration (Postmarked on or before 6/1/2010) - \$20
After 6/1/2010 - \$25 Race Day registration - \$25 for all participants
Children's Fun Runs - \$3 donation - Age 12 and under – medals to all finishers

INFORMATION: Call 845-429-2200 or on the web at www.townofhaverstraw.us

Make checks payable to NRCFD. Mail entry form to NRCFD, 1 Rosman Road, Garnerville, NY 10923

PLEASE PRINT

Last Name _____ First _____ Age on 6/6/2010 _____ M _____ F _____

Street Address _____ Date of Birth _____

Town/City _____ State _____ Zip _____

Phone _____ Email _____

Amount Enclosed: Postmarked on or before June 1, 2010 \$20 _____

Race day registration (after June 1, 2010) \$25 _____

For Official Use

/my business/corporation would like to be a sponsor for this community event. Please contact me at _____.

I know that running/walking and volunteering to work in races are potentially hazardous activities. I should not enter and run in 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 races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, 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 upon consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, waive and release the Town of Haverstraw, Village of West Haverstraw, ChampionChip Scoring, 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 persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race, and I will abide by this guideline. No refunds, exchanges or transfers.

Signature _____ Parent's, if under 18 _____ Date _____

Visit www.townofhaverstraw.us for more info

Proceeds benefit North Rockland residents

Sean DePatto, Family of Glenn McElroy, & Jimmy Place

Come on out and let Sean, Jimmy, & Glenn's sons Ryan & Jacob, know
“We Care”

Please arrive early!!!!!!

Directions from New York City:

Via NYS Thruway: Cross Tappan Zee Bridge and take Exit 13N Palisades Parkway north. Take parkway to Exit 13. Turn left at end of ramp onto Thiells-Mt Ivy Rd. Turn right onto Suffern Lane. Suffern Lane becomes Railroad Avenue. Turn right onto Samsondale Avenue. Turn left into park entrance.

Via George Washington Bridge: To Palisades Parkway north to Exit 13. Follow above directions.

Directions from Orange County and Bear Mountain Bridge:

Via Palisades Parkway south: To Exit 14 Willow Grove Road. Turn left onto Willow Grove Road. Proceed to third traffic light, turn right onto Rte. 9W. Go to first traffic light, turn left onto Railroad Avenue. Turn right onto Samsondale Avenue. Turn left at park entrance.

Via Rte. 9W: Take Rte. 9W south to Railroad Ave. (just south of Helen Hayes Hospital) and turn left. Turn right onto Samsondale Avenue. Turn left at park entrance.