



The Rockland Road Runners presents
The 22nd Annual
South Nyack Ten Miler

To benefit the South Nyack and Piermont Fire Departments & Junior Achievement
Sunday, September 12, 2010 - 8:30AM

Course: Starts at South Nyack Fire House, 90 Depot Avenue, South Nyack. Scenic and challenging course with views of the beautiful Hudson River.

Start Times: Ten Mile Race- 8:30AM Kids Run - 8:15AM

Registration Fees: \$ 3 - Kids Run \$20 - 10 Miler: RRR members before September 1
 \$25 - 10 Miler: non-members before September 1 \$30 - 10 Miler: after September 1 and race day

Awards: Prizes presented to the top three male and female finishers in the following age groups: 19& under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+. Citizen watches to the first place male and female overall finishers **T-Shirts:** Guaranteed to the first 500 registrations. NOT guaranteed for race day entries

Race day photos by Ken Shelton Photography. Participants must clearly print e-mail address below to participate. Visit <http://www.backprint.com/kenshelton>

Race Packet Pick-Up: Saturday, September 11^h from 1PM to 4PM at Gracie's Ravioli, 140 Main St. (entrance on Franklin St.) Nyack, New York or on race day from 6:30AM to 8:00AM.

Make checks payable to: RRR and mail to South Nyack Ten Miler, PO Box 435, Congers, New York 10920. For more information go to: www.rocklandroadrunners.org or contact Kathleen Daly at vp@rocklandroadrunners.org, (845) 536-3052 or Bernie Casserly at president@rocklandroadrunners.org.

FIRST NAME: _____ LAST NAME: _____ MALE FEMALE
 AGE ON RACE DAY: _____

STREET ADDRESS _____

TOWN/CITY: _____ STATE: _____ ZIP CODE: _____ PHONE: _____

E-MAIL _____@_____. _____ BIRTH DATE: _____

EVENT: ___ 10 Miler ___ Kids' Run

I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2010 calendar year.

WAIVER MUST BE SIGNED

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 or assist in the event. 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, humidity, extreme cold, 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 in consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, hereby waive and release the Road Runners Club of America, Rockland Road Runners, Junior Achievement, the Villages of South Nyack, Grandview, and Piermont, the South Nyack and Piermont Fire Departments, 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 persons named in this waiver. I understand that bicycles, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. I also grant permission to the event organizers to use or authorize others to use any photographs, motion pictures, video, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration. I grant permission to the foregoing persons and entities to use or authorize others to use any photographs, motion pictures, recordings, or any other record of my participation in this event or related activities for any legitimate purpose without remuneration. **ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS.**

Signature: _____ Date: _____ Parent's Signature (if under the age of 18): _____

Directions: From upstate New York: Take I-287 East (I-87 South) to Exit 11, make left on Route 59 East, continue to Main Street, right onto South Broadway, then right onto Voorhis Avenue, and right onto Depot Place. From NYC and Westchester County, take I-287 West (I-87 North) to Exit 10 towards Nyack (ramp on left), bear right onto Franklin St, turn right onto Brookside Avenue and left
 For more information call (845)348-1766.