

E V E N T I N F O R M A T I O N

Sunday ■ June 21, 2009

- 5K Road Race, 3K Walk
- 7:30 am Registration begins
- 8:30 am Race and Walk begin
- Ask Family and Friends to sponsor you
- Proceeds benefit JCC Rockland Scholarship Program



R U N N E R ' S S P O N S O R F O R M

Runner's Name	Address, City, State, Zip	Phone

	Sponsor Name	Address, City, State, Zip	Contribution
1			
2			
3			
4			
5			

REGISTRATION: \$18 per person, if registered before June 8, 2009
 \$20 per person, if registered after June 8 and day of race

Fill out registration form below.

Please mail or fax to the JCC Rockland, 450 West Nyack Road, West Nyack, NY, 10994 before June 8.

Ask family and friends to SPONSOR you. Fill out sponsor form and bring it along on the day of the race.

Participants raising more than \$75 will be entered into a prize raffle!

T-SHIRTS TO ALL PRE-REGISTRANTS!

R E G I S T R A T I O N F O R M

Last name _____ First Name _____ 5K Race
 Address _____ 3K Walk
 City, State, Zip _____ Home Phone _____
 E-mail _____ Birthdate _____ Age on Race Day _____ Male Female

I am part of a group. Group name _____ # of runners in group _____

T-Shirt Size (Please Circle) Adult S Adult M Adult L Adult XL Adult XXL

FEE: _____ **DONATION:** _____ **TOTAL ENCLOSED:** _____ Please make checks payable to JCC Rockland

Please charge my credit card MC VISA AMEX DISCOVER Card # _____ exp _____

Name as it appears on the card _____ Signature _____

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 to my ability to safely complete the run/walk. I assume all risks associated with running, walking 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 in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act on my behalf, waive and release the Town of Ramapo, The JCC Rockland, 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, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline. Further, I hereby grant full permission to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

DATE: _____ SIGNATURE: _____ PARENT SIGNATURE, IF UNDER 18: _____

Form can be faxed to 845.362.5107 attn. Nanci Goldman

For more information contact:

Nanci Goldman, 845.362.4400 ext 175 or nancig@jccrockland.org