

NORTH ROCKLAND COMMUNITY

15TH Annual 5K Run/Walk

Sunday, June 3, 2018, 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 5K Run Start

* *ChampionChip scoring by Super Race Systems, B-tags distributed race day **

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 5/25/2018) - \$25
After 5/25/2018 - \$30 Race Day registration - \$30 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.org

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

You may register online @ www.townofhaverstraw.org on or before 5/28/18

PLEASE PRINT

Last Name _____ First _____ Age on 6/3/2018 _____ M _____ F _____

Street Address _____ Date of Birth _____

Town/City _____ State _____ Zip _____

Phone _____ Email _____

T-shirt size: YL, S, M, L, XL, XXL (Circle one)

Amount Enclosed: Postmarked on or before May 25, 2018 \$25 _____

Race day registration (after May 25, 2018) \$30 _____

For Official Use

If 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.org for more info
Proceeds benefit North Rockland residents
Isabella Munoz, Peter Sasso and Brian Dolan

“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.

North Rockland Community

North Rockland Community 5K
Run/Walk Committee

Proceeds benefit North Rockland residents

ISABELLA MUNOZ

also known as "Bella" by her family and friends, is 12 years old and a 7th grader at Fieldstone Middle School. Bella is a straight "A" student and very athletic playing in the Haverstraw Little League and St. Peters CYO Basketball programs. In early January 2018, Bella was rushed to Columbia Presbyterian Morgan Stanley Hospital in congestive heart failure. She was immediately put on the National Heart Replacement list and coded most critical (1A). She has had extensive surgery to stabilize her condition including the placement of an internal pump to augment her weakened heart. Bella is bed-ridden waiting for a heart transplant but continues to have a positive attitude and an inspirational smile.

PETER SASSO

had a mild stroke in July 2017, which required surgery in September 2017. Complications during surgery resulted in a medically induced coma, and he then suffered a massive debilitating stroke. Now, Peter is paralyzed on the right side of his body. He also has aphasia, which affects his speech and limits his ability to communicate his basic needs. His road to recovery is going to be long and hard, but Peter is a fighter! At just 57 years old, right now he needs us more than ever. Peter needs countless hours of medical care, nursing assistance, and therapy to get back home with his family, where he belongs.

BRIAN DOLAN

Brian Dolan has been in the need of a kidney for about five years now. He goes for dialysis treatments three days a week for 4-5 hours a session. Brian has lost his job this year due to a Charco foot disease also known as a diabetic foot fractures and has been in and out of rehabs trying to get the foot to heal. He is currently in a rehab facility. When people hear the word volunteer, Brian's name is first to come to their mind. He's also a member of the Haverstraw Fire Department for over 15 years and has committed his life to find a cure for cancer as chairman for Relay for Life. He does not complain about the amount of time he spends at dialysis or how tired he is after a long day. Brian remains one of the strongest people in our community who always stays positive and continues to charge on with life.

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.

Race Day Schedule

Sunday, June 3, 2018

- 7:00 – 8:45 am Race Check-in & Registration
- 8:30 am Children's Fun Races
- 9:00 am 5K Run Start
- 10:30 am Awards Ceremony

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-10AM)

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

Arrive Early!!

For info call: 845-429-2200

www.townofhaverstraw.org

Kid's Fun Runs

8:30 AM – 12 and under, distances vary

All finishers receive medals

\$3 donation, Sign up race day

Howard T. Phillips, Jr.
Supervisor, Town of Haverstraw

Jim Monaghan
Supervisor, Town of Stony Point

Joseph Casarella
Athletic Director
North Rockland High School

Sponsorships

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

Town of Haverstraw 845-429-2200
John Casey at 845-821-4349

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 3, 2018, please call:

Haverstraw Town Hall at 845-429-2200