

NORTH ROCKLAND COMMUNITY

14TH Annual 5K Run/Walk

Sunday, June 4, 2017, 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 5/26/2017) - \$25
After 5/26/2017 - \$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 5/29/17

PLEASE PRINT

Last Name _____ First _____ Age on 6/4/2017 _____ 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 26, 2017 \$25 _____

Race day registration (after May 26, 2017) \$30 _____

For Official Use

I/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
Keri Katt, The Family of Lauren Bunyan Gould
and Hevelin Naranjo

“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 Day 5K Run/Walk

Proceeds benefit North Rockland residents

KERI KATT

is a lifelong Stony Point resident and first began to suffer from an autoimmune disease at the age of 16. She battled severe fevers for years. Keri was recently diagnosed with Anti-glomerular basement membrane antibody disease (anti-GBM). This antibody disease viciously attacked her kidneys and caused renal failure. Her kidney functions continue to deteriorate from her own antibodies which has landed her in the hospital multiple times. She continues to receive dialysis treatments 3 plus days a week in an attempt to rid herself of these antibodies. Fighting this arduous battle has caused her medical bills to quickly accumulate and with her inability to work, has now put an enormous financial strain on Keri and her family.

THE FAMILY OF

LAUREN BUNYAN GOULD

Lauren Bunyan Gould, age 32, passed away December 4, 2016 after battling Cystic Fibrosis for over 30 years. She was the long time North Rockland High School Varsity Cheerleading coach as well as the Owner of CheerMania All-Stars. Lauren left behind her Husband John and 5 year old daughter Emily. Due to Lauren's illness, she was not eligible for life insurance. These funds will be used to assist with various medical expenses as well as assisting their daughter Emily.

HEVELIN NARANJO

Hevelin Naranjo is a 14 year old student in Fieldstone Middle School who resides in Haverstraw. In the summer of 2016 Hevelin started noticing severe pain in her right knee. One day during gym, Hevelin was playing soccer outside and slipped. She realized something wasn't right with her knee. Hevelin was sent for X-rays and a week later went to Montefiore Hospital where more tests were done on her right knee. She was diagnosed with osteosarcoma in October of 2016 and has been receiving chemotherapy treatments, but the cancer has worsened. The doctors informed the family that Hevelin would have to have her leg amputated on December 23, 2016. Today, Hevelin continues chemotherapy treatments and is getting fitted for a prosthetic leg.

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 4, 2017

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

North Rockland Community 5K
Run/Walk Committee

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 4, 2017, please call:

Haverstraw Town Hall at 845-429-2200