

NORTH ROCKLAND COMMUNITY

17TH Annual 5K Run/Walk

Sunday, June 5, 2022, 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 5/27/2022) - \$10

After 5/27/2022 - \$15 Race Day registration - \$15 for all participants

Children's Fun Runs - FREE for 2022 - 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 5/30/22

PLEASE PRINT

Last Name _____ First _____ Age on 6/5/2022 _____ 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 27, 2022 \$10 _____

Race day registration (after May 27, 2022) \$15 _____

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 HAVERSTRAW AMBULANCE
CORPS & STONY POINT AMBULANCE CORPS**

“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.

Race Day Schedule

Sunday, June 5, 2022

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

FREE for 2022, Sign up race day

**North Rockland Community Day
5K Run/Walk
Proceeds to benefit**

**H A V E R S T R A W
A M B U L A N C E
C O R P S
&
S T O N Y P O I N T
A M B U L A N C E
C O R P S**

**THIS YEAR'S RACE IS IN
MEMORY FOR
NORTH ROCKLAND FAMILIES
THAT HAVE LOST LOVED ONES
OVER
THE PAST TWO YEARS**

Please help us assist these deserving organizations. 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 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
Rich Spatta at 845-354-8972

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 5, 2022, please call:

Haverstraw Town Hall at 845-429-2200