

# NORTH ROCKLAND COMMUNITY

19TH Annual 5K Run/Walk

**Sunday, June 2, 2024, 9:30 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:** 7:30 AM - 9:15 AM Race Check-in & Registration  
**Rain or Shine** 8:30 AM Children's Fun Runs  
9:30 AM 5K Run Start

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

**AWARDS:** Top 3 m/f overall, 12 & under, 13-15, 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 5/24/2024) - \$20

After 5/24/2024 - \$25 Race Day registration - \$25 for all participants

Children's Fun Runs - FREE for 2024 - Age 12 and under - medals to all finishers

**INFORMATION:** Call 845-429-2200 or on the web at [www.townofhaverstraw.org](http://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](http://www.townofhaverstraw.org) on or before 5/27/2024

PLEASE PRINT

Last Name \_\_\_\_\_ First \_\_\_\_\_ Age on 6/2/2024 \_\_\_\_\_ 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 24, 2024 \$20 \_\_\_\_\_

Race day registration (after May 24, 2024) \$25 \_\_\_\_\_

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](http://www.townofhaverstraw.org) for more info  
**Proceeds benefit JACOB LOPEZ and**  
**JARIEL SANTIAGO**

**“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 2, 2024**

- 7:30 – 9:15 am Race Check-in & Registration
- 8:30 am Children's Fun Races
- 9:30 am 5K Run Start
- 11:00 am Awards Ceremony

### Free Shuttle Bus Service

**From: 7:30 AM – 9:15 AM,  
10:30 AM – 12:00 PM**

Provided from overflow parking area at Peck's Pond to Bowline Point Park.

**Bowline Park Road will be closed to vehicular traffic from 9:15 AM – 10:30 AM (there will be no shuttle bus at this time)**

**No entry to or exit from the park will be permitted during the race (9:15AM-10:30AM)**

Bus service will resume upon completion of the race at approximately 10:30 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 2024, Sign up race day**

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

### JACOB LOPEZ

is a 4 year old amazing, smart, and loving boy who resides in West Haverstraw, NY. On November 2023, Jacob had a life changing event, he was diagnosed with Type 1 Diabetes. During this time, he was admitted to pediatric intensive care in Maria Ferrari Children's Hospital in Westchester. Type 1 Diabetes is an autoimmune disease in which the pancreas stops making insulin to sustain a normal glucose level. Unfortunately, Jacob now depends on insulin in order to survive. He's had to adapt to this new way of life and had to change his school to one which can monitor his levels and have experts on staff. Jacob's doctors have recommended for him to obtain a service dog that would alert before his glucose goes high or low.

### JARIEL SANTIAGO

is a senior at North Rockland High School. In 2023, he went to Westchester Medical Center, and it was discovered that he had a germ cell tumor. The tumor markers were extremely high, indicating that the tumor was, unfortunately, cancerous. Jariel's tumor got aggressive and hemorrhaged. He was unresponsive and went into a coma. He was intubated that night at Westchester Medical Center. Before Jariel was able to start his chemotherapy treatment, he underwent surgeries to help drain the blood from his brain. He remained in the hospital for three months before he was able to start an intensive chemotherapy treatment. Following his chemotherapy treatment, Jariel received radiation. In

January 2024, Jariel had his first MRI following the treatment and received the news that there was no longer any mark of the tumor in his brain. Between the hospital bills and the treatments, the medical debt has been astronomical. Jariel's mother, Jennifer Rolon, had to drive to the city every day for Jariel's radiation treatments. She had to put many of her bills to the side because she couldn't afford it while doing her best to cover the costs of Jariel's treatments. While she has worked hard to try to pay off the bills, she is still heavily burdened by the medical debt that was accumulated.

**Please help us assist these deserving recipients. 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 2, 2024, please call:

**Haverstraw Town Hall at 845-429-2200**