



INC. VILLAGE OF ROCKVILLE CENTRE
 PARKS AND RECREATION DEPARTMENT
 111 NORTH OCEANSIDE ROAD ROCKVILLE CENTRE, NEW YORK 11570
 Phone: 516-678-9238 Email: RVCRec01@optonline.net FACEBOOK: Rockville Centre
 Recreation Department

32nd Annual ROCKVILLE CENTRE 10K RUN 1 Mile FAMILY FUN RUN

By popular demand 3rd Annual 5K RUN

Sponsored By
 Department of Parks & Recreation and the Rockville Centre Chamber of Commerce

WHEN: SATURDAY, NOVEMBER 7, 2009 (Rain or Shine) **TIME:** 1 mile – 9am sharp
 5K (3.1 miles) – 10am sharp
 10K (6.2 miles) – 10am sharp

WHERE: FUN RUN – starts on Front Street, rear of LIRR Station
 10K and 5K – start on No. Park Avenue in Rockville Centre
 (between Sunrise Highway and Merrick Road) opposite Fantasy Theatre

ENTRY FEE: FUN RUN: \$9.00 per person
 5K RUN: \$16.00 pre-registration on or before Oct. 30
 10K RUN: \$23.00 pre-registration on or before Oct. 30
 Late Registration \$19.00 for 5K; \$27.00 for 10K – after Oct. 30
 Senior Citizens (over 60) at all times 5K - \$9.00 10K- \$11.00
NO REFUNDS!

PLEASE MAKE CHECKS PAYABLE TO: INC. VILLAGE OF ROCKVILLE CENTRE
SUBMIT OR MAIL TO: ROCKVILLE CENTRE PARKS AND RECREATION DEPT.
 111 N. Oceanside Rd., Rockville Centre, N.Y. 11570

- Free T-Shirts to first 100 children registered for Fun-Run.
- Free T-Shirts to first 500 10K and 300 5K entrants

No baby joggers, strollers, bicycles, skates, rollerblades, pets

Course Timed by Finish Line Road Race Technicians using **Chronotrack** Timing Technology
 One loop course through the Village of Rockville Centre FAST AND FLAT

Course measured and timed by:
FINISH LINE ROAD RACE TECHNICIANS www.FLRRT.com
SPLIT TIME EVERY MILE WATER STOP

2008 TIMES: 10K- Male: Paul Murphy, Sayville 35:54
 Female: Jean Bohan, Oyster Bay 40:19
 5K- Male: Eric Kessler, RVC 18:13
 Female: Suzanne Dillmeier, Manhasset 19:00

REFRESHMENTS: Water, oranges, etc.

AGE CATEGORIES
 14 + under, 15-19, 20-24, 25-29, 30-34,
 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
 70 & OVER AND WHEELCHAIR EVENTS
AWARDS
 FAMILY FUN RUN ~ TROPHIES
 10K + 5K RUNS ~ AWARDS IN ALL AGE DIVISIONS,
 WHEELCHAIR, BEST OVERALL (MEDALS &
 TROPHIES); PRIZES ALSO TO FIRST RVC
 FINISHERS (MALE AND FEMALE)

REGISTRATION: INFORMATION – (516) 678-9238

Pre-registration must be post-marked no later than October 30, 2009. Registration on the day of the race is from 7-9:30 am at the RVC Village Hall, 1 College Pl. across from St. Agnes Cathedral. No runner will be checked in or numbers issued after 9:30 am on Nov. 7th.

ENTRY BLANK

CHECK ONE: 10K 5k 1 MILE (FAMILY FUN RUN)

Please use separate entry blank for each runner. Photocopies are acceptable.
 All information is required.

First Name	Last Name	Initial
Address		
Town	State	Zip
Telephone Number		

T-Shirt Size Circle One
 child S M L AS AS AM AL AXL
 for Fun Run for 5K or 10K

Age	Sex	Resident
M F	Y N	

Date of Birth

--	--	--	--

Date Rec. _____
 Fee Pd. _____
 Rec. # _____

In consideration of your accepting this entry, I, the undersigned intending to be legally bound hereby for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the RVC Chamber of Commerce, the Inc. Village of Rockville Centre and their representations, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and sufficiently trained for the completion of this event and my physical condition has been verified by a licensed physician. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

Signature: _____ Date: _____ Parent's Signature if under 18 _____