



Rockville Centre

10K Run, 5K Run and 1 Mile Family Fun Run

Sponsored by RVC Recreation Department and the RVC Chamber of Commerce

WHEN: SATURDAY, NOVEMBER 12, 2016 (Rain or Shine)

TIME: 1 mile Fun Run – 8:30am sharp ~ 5K (3.1 miles) and 10K (6.2 miles) – 9:30am sharp

WHERE: Fun Run – starts on Front Street, rear of LIRR Station

10K and 5K – start on Front Street, between N. Village and Centre Avenues

Check Out New Start Times!

FREE bag drop
at start line

Make Checks
payable to:
Inc. Village of RVC

Our 38th Year!

ENTRY FEES
FUN RUN: \$10 per person
5K RUN: \$25 per person pre-registration on or before Nov. 4
10K RUN: \$30 per person pre-registration on or before Nov. 4
Late Registration \$30 for 5K ~ \$35 for 10K – after Nov. 4
Senior rate (60 and over) at all times 5K or 10K - \$15 per person
RAIN OR SHINE ~ No Refunds
 Register online at www.active.com or by mail or in person



No baby joggers, strollers, bicycles, skates, rollerblades, pets in all races – no exceptions!

Course Timed by Finish Line Road Race Technicians using Chronotrack Timing Technology
 Certified/Sanctioned by DAVID KATZ ~ One loop course through the Village of Rockville Centre FAST AND FLAT
Mr. Katz was official timer of Rio Olympic marathon!

Course measured and timed by:
 FINISH LINE ROAD RACE TECHNICIANS
www.FLRRT.com SPLIT TIME EVERY MILE ~ WATER STOPS
2015 Winners: 10K- Matt Rand, Peaks Island Maine 31:15
 Lauren Dorsky, Huntington NY 44:19
5K- John Fullam, New Paltz NY 16:42
 Carly Woelfel, RVC 19:17

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,
 70-74, 75-79, 80 & OVER AND WHEELCHAIR EVENTS
 AWARDS: FAMILY FUN RUN ~ TROPHIES for 12 + under
 10K + 5K RUNS ~ AWARDS IN ALL AGE DIVISIONS
REFRESHMENTS: Water, oranges, etc. for racers

Pre-registration must be post-marked no later than Nov. 4, 2016. Registration on the day of the race is from 7-9:00 am at the RVC Village Hall, 1 College Pl. across from St. Agnes Cathedral. No runner will be checked in or numbers issued after 9:00 am on Nov. 12.

Registration RVC Races 2016

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

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

LAST Name FIRST Name Initial

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Address

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Town State Zip

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Telephone Number Email address (please print legibly)

For race notification purposes only.

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Register online
at Active.com
(+ small processing fee)

Age Sex RVC Resident

	M	F	Y	N
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Date of Birth (required)

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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 _____