

Name: _____

PLEASE PRINT

Address: _____

City: _____ State: _____

Zip Code: _____ Tel. () _____

Age on race day: _____ Male Female

Tank top size: SM MED LG XL XXL

Please check only one box: Runner Walker

NYC hired correction employee? Yes No

Law enforcement team: _____
(Active and/or retired members only. Minimum 3 to a team)

Open team: _____
(5K run only. Minimum three (3) to a team)

In consideration of your acceptance of this entry, I agree to abide any decision of a race official relative to my ability to safely complete the run and/or walk. I, the undersigned intended to be legally bound, hereby, for myself, my heirs executors and administrators, assume all risks associated with running and walking in the Rikers Island 5K Challenge race event including, but not limited to falls, contact with other participants, the effects of the weather, including extreme cold or high heat and/or humidity, traffic, and the conditions of the road. Having read this waiver and knowing the facts, I for myself and anyone entitled to act on my behalf, waive and release the New York City Department of Correction, the New York City Department of Correction Running Club, affiliated agency departments, representatives, all sponsors, successors and assigns for any injuries suffered in said event. I attest and verify that I will participate in this event as a footrace and/or walker entrant that I am physically fit and trained for this event and a license medical doctor has verified my physical condition. Further, I hereby grant full permission to all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
(Parents signature if under 18)

Rules

Absolutely no baby strollers, animals, roller-blades, skates or bikes in the racecourse.

Facilities

Only Port-O-Sans will be available at the race pre-registration packet pick up area and at the end of the race. So, please come dressed to run. Beverages and other foods will be served at the finish line area.

Special Bus Service

There will be bus transportation to all spectators from the starting point to the finish line area. Note: It is extremely vital for all race participants and spectators to have their hand stamped before entering the Rikers Island compound. During the award ceremony, bus service will commence taking the participants and spectators back to the starting point until the end of the event.

For more race information, please contact:

Iran Colon - Race director @ (757) 619-3285

Tom McFall - Race coordinator @ Health Affairs Unit (718) 546-8374. Cell phone # (646) 784-3933

Race results by:

Z-Team (516) 567-8611

www.zteamscores.com

No cash please. Make check and/or money order payable to D.O.C. Running Club and mail to:

Rikers Island 5K Challenge Run c/o Z-Team

3 Gladiolus Avenue
Floral Park, NY 11001

Time

10:00 A.M. Sharp! Rain or Shine

Certified Course # NY05015AM

Point to point. With the exception of the bridge and at the 3 mile mark, the streets are relatively flat and fast.

Course Record

Male - Trevor Murray, NY - 15:27

Female - Annmarie Housen, NY - 18:22

Awards (No duplicate)

Finishers medal to all race/walk participant.
Top 3 overall male/female finishers. Top 3 male/female race walkers. Top 3 male/female NYCDOC employee. Top 3 male/female finishers in each age group category: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 plus. Top 3 open teams. Perpetual award given to the top law enforcement team. Active and/or retired members only.

Free pee-wee run (After 5K run event)

5 and under (50 yards), 6-10 (100 yards)

Entry Fee (non-refundable)

\$15.00 Postmarked before April 26, 2008
\$20.00 Thereafter

Check-In

Saturday, May 3rd, 2008. We will be at the public parking lot on the right hand side just before the Rikers island bridge. (Please see directions section) Pre-registration packet pick-up from 7:30 am - 9:30 am. Post registration starts at 7:30 am - 9:45 am.

Tank top not guaranteed on race day. Any supply left will be given on a first come, first serve basis. Participants must be on time as race will start at 10:00 am sharp without any exception.

See you soon