

**ALLEY POND STRIDERS
CELEBRATING OUR 30TH YEAR
5 MILE CHALLENGE**

**Sunday, April 25, 2010
RAIN OR SHINE**

A portion of race proceeds benefits Long Island Riding for the Handicapped, City Stride and other local charities.



STARTING TIMES
Fun Run 9:30 AM
5 Mile Race 10:00 AM
Rain or Shine

Complete this application and mail to Alley Pond Striders
148 Andrews Road,
Mineola, NY 11501

In memory of Mel Kaplan -
Marine, Strider, Friend

With the cooperation of the Department of Parks and Recreation, City of New York, Mayor Michael Bloomberg, and Parks Commissioner Adrian Benepe

Eligibility: The 5 Mile Challenge is open to runners, joggers and walkers 13 years old and over. Fun Run is open to children 12 and under.

Course: A five mile race through beautiful Alley Pond Park and the historic Vanderbilt Motor Parkway. The course is accurately measured with split times at all mile markers. Two water stations. Lavatory and Dressing facilities available.

Registration: Pre-Registration: \$16 (postmarked by April 22 or received by no later than April 23) includes designer T-Shirt.

RACE DAY Registration \$20 (T-shirts while they last).

Day of Race Registration will be held at the Alley Pond Park House from 8:00 to 9:30 AM.

Fun Run for Children - \$5.00. T-Shirts while they last. MUST be present to receive T-shirt.

Awards: 5 MILE RACE: FIRST THREE OVERALL

FINISHERS, male and female receive a TROPHY. FIRST THREE AGE GROUP FINISHERS, male and female receive an award. Age Groups 13 - 19 then every 5 years to 70 and over. **THERE WILL BE NO DUPLICATION OF AWARDS. POST RACE REFRESHMENTS AND RAFFLES — You must be present to win. CHILDREN'S FUN RUN:** All finishers of the Fun Run shall receive a memento.

Directions: Alley Pond Park, Bayside/Bellerose in Northeast Queens. Park House located on Winchester Blvd. north of Union Turnpike. From Long Island - Northern State/GCP westbound: Exit 23. Turn left on Union Turnpike to Winchester Blvd. Turn left onto Winchester Blvd., park on left. From Manhattan/Queens - GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Parking lot on right.

Make checks payable to: ALLEY POND STRIDERS

Mail to: 148 Andrews Road, Mineola, NY 11501

NO REFUNDS, EXCHANGES OR TRANSFERS

CIRCLE YOUR T-SHIRT SIZE: S M L X XL

CIRCLE YOUR EVENT: 5 Mile Run Fun Run

Last Name

First Name

Sex

Age on

Birthday

Mailing Address

Include Apt. No. and/or C/O

City or Town

State

ZIP Code

Area Code

Phone Number

E-Mail Address (Optional)

I know that running is a potentially hazardous activity. I should not enter and run 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 including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____ Parent's Signature: _____

Required if entrant under