

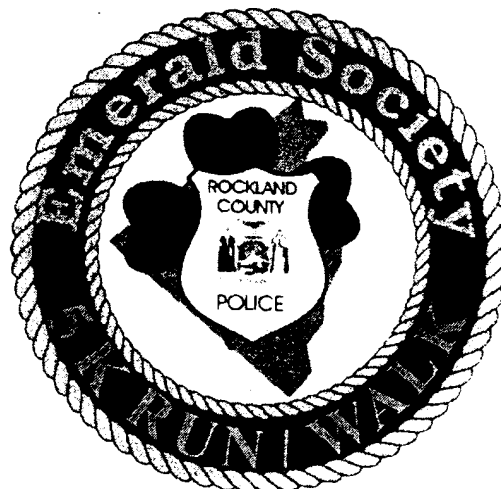
7th Annual

ROCKLAND COUNTY POLICE

EMERALD SOCIETY

5K RUN/WALK

SUNDAY MAY 7, 2006 10 a.m. START



Proceeds to Benefit

*Aiden Berges and his family*

*(see www.AidenBerges.org)*

*and the Rockland County*

*P.B.A. Widows & Orphan's*

*Fund*

FEATURES:

- ? SCENIC COURSE THROUGH VILLAGE OF PIERMONT
- ? BEGINNING AND ENDING AT FLYWHEEL PARK, PIERMONT
- ? FAST FLAT 5K COURSE
- ? SPLIT TIMES EACH MILE: DIGITAL CLOCK AT THE FINISH
- ? WATER STATION AT END OF PIER, AND FINISH
- ? COMPUTERIZED RACE RESULTS
- ? T-SHIRT TO ALL PRE-REGISTRANTS
- ? ROCKLAND COUNTY POLICE EMERALD SOCIETY PIPERS ON COURSE
- ? RACE RESULTS WILL BE MAILED

AWARDS:

- ? TOP 3 LAW ENFORCEMENT MEMBERS (MALE & FEMALE) MOS
- ? TOP 3 FINISHERS (MALE & FEMALE) IN EACH AGE GROUP
- ? AGE GROUP AWARDS ( 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59,60-69, 70+)

PRE-REGISTRATION:

- ? PLEASE PRE-REGISTER PRIOR TO APRIL 28, 2006
- ? FEE \$20.00 FOR 5K RUN/WALK. MAKE CHECK PAYABLE AND MAIL TO:

ROCKLAND COUNTY POLICE EMERALD SOCIETY  
PO BOX 371 PIERMONT, NY 10968

RACE DAY SCHEDULE / REGISTRATION:

- ? 8:00 am-9:30 am CHECK IN FOR 5K RUN/WALK AT FLYWHEEL PARK.
  - ? FEE \$25.00 ON RACE DAY AT FLY WHEEL PARK.
  - ? AWARD CEREMONY AT CONCLUSION OF RACE.
  - ? NO BIKING, ROLLERBLADES, BABY JOGGERS, OR PETS ALLOWED ON THE COURSE
- FOR ADDITIONAL INFORMATION PLEASE CONTACT
- ? [www.compuscore.com](http://www.compuscore.com)
  - ? P.O. ED STOKER, CLARKSTOWN POLICE DEPARTMENT 845-639-5800

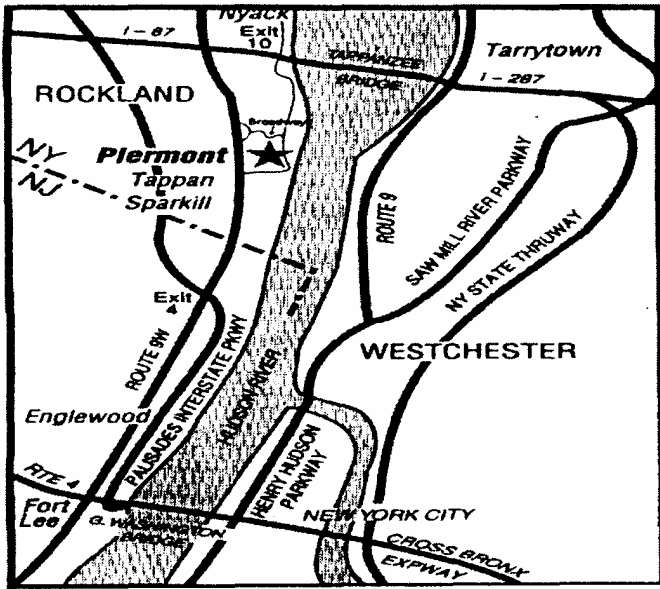
|  |                      |                      |
|--|----------------------|----------------------|
| Last Name  | Please Print         | First Name           |
| <input type="text"/>                                   | <input type="text"/> | <input type="text"/> |
| Address  |                      |                      |
| <input type="text"/>                                   |                      |                      |
| Town, City, State, Zip                                 |                      |                      |
| <input type="text"/>                                   |                      |                      |
| Phone #:   | Age on day of race:  | DOB: Sex:            |
| <input type="text"/>                                   | <input type="text"/> | <input type="text"/> |
| Please Circle:    5K Run    5K Walk    MOS    Donation |                      |                      |

**WAIVER:** Please read the following and sign: In consideration of your excepting this entry, I the undersigned intending to be legally bound, hear-by, for myself my heirs and executors and administrators waive and release, the Rockland County Emerald Society Inv. Road Race Committee, the Incorporated Village of Piermont, Piermont Commons Realty LLC, the Rockland County Police Emerald Society Inc. and any and all donors or charitable recipients and/or their representatives, successors and assigns for any and all injuries suffered by me in said event., any and all rights and claims for damages I may acquire as a result of my participation in this event, I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature

Date

Parent Signature (If Under 18)



**From New York City:** Cross the G.W. Bridge on the upper level and proceed directly on to the Palisades Interstate Parkway to Exit 4. Turn left at traffic light (9W North). Continue for 2.2 miles. Right at Tallman Mountain State Park sign. Follow double yellow lines to bottom of the hill, right at the stop sign. Half mile (only). Right at Gerhardt's Automobile Repair (Ash Street) and the M&T Bank.

**From Tappan Zee Bridge:** After crossing bridge, follow exit 10 to 9W South. Drive approximately 4 miles, cross over Sparkill Creek, left at Tallman Mountain State Park sign, follow double yellow lines. Right at the stop sign. Half mile (only). Right at Gerhardt's Automobile Repair (Ash St.) and the M&T Bank.

**From 87 South and 287 East (Northern New Jersey):** Exit 11 (last exit before Tappan Zee Bridge) turn left at traffic light (59 E.). Continue on 59 East (becomes Main St.), travel for 4 traffic lights. After Nyack Grande Restaurant, right at Piermont Avenue. About 3.5 miles, left at M&T Bank and Gerhardt's Automobile Repair (Ash St.).

**From Palisades Parkway, North Exit 5S (303 Suffern),** left at first traffic light (Kings Hwy.) all the way to the end, turn right at Rt. 340, follow signs to 340 and turn left at Ferdon Avenue. (before Montebello's Restaurant) - (White church on right), continue along Sparkill Creek, turn right at Gerhardt's Automobile Repair and the M&T Bank.

**From Rt. 340 (North Jersey Towns):** Travel on rt. 340 North, bear left at Montebello's Restaurant. First right at Ferdon Avenue. Travel along Sparkill Creek, turn right at Gerhardt's Automobile Repair and the M&T Bank.

**From Rt. 303:** Follow Palisades Pkwy. North.