



INC. VILLAGE OF ROCKVILLE CENTRE  
 PARKS AND RECREATION DEPARTMENT  
 Mailing Address: P.O. Box 950 Street Address: 111 NORTH OCEANSIDE ROAD  
 ROCKVILLE CENTRE, NEW YORK 11570  
 Phone: 678-9238 Email: RVCRec01@optonline.net



# 28<sup>th</sup> ANNUAL ROCKVILLE CENTRE 10K RUN AND FAMILY FUN RUN

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

**WHEN:** SATURDAY, NOVEMBER 12, 2005 **TIME:** 1 mile – 9am sharp  
 (Rain or Shine) 10K (6.2 miles) – 10am sharp

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

**ENTRY FEE:** FUN RUN: \$7.00 PER PERSON  
 10K RACE: Pre Registration \$18.00 – Deadline October 20  
 Late Registration \$20.00 – After October 20  
 Senior Citizens (over 60) \$9.00  
**NO REFUNDS!**

**PLEASE MAKE CHECKS PAYABLE TO:** INC. VILLAGE OF ROCKVILLE CENTRE  
**SUBMIT OR MAIL TO:** ROCKVILLE CENTRE PARKS AND RECREATION DEPT.  
 Mailing Address: P.O. Box 950 Street Address: 111 N. Oceanside Rd., Rockville Centre, N.Y. 11570

Free T-Shirts to first 100 family fun-run children entrants. Free T-Shirts to first 800 10K entrants

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

Course Timed by **ChampionChips Technology** [www.FLRRT.com](http://www.FLRRT.com)  
*One loop course through the Village of Rockville Centre FAST AND FLAT*

*Course measured and timed by:*  
**FINISH LINE ROAD RACE TECHNICIANS**  
**SPLIT TIME EVERY MILE**  
**WATER STOP (3.5 MILE)**

**2004 TIMES:** Male:Guillermo Fuentes 36:13  
 Female:Karen Cotty, 40:26

**REFRESHMENTS:** Water, oranges, etc.

**AGE CATEGORIES**  
 9 & UNDER, 10-14, 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 RACE ~ 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 20 2005. Registration on the day of the race is from 7-9 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 am on Nov. 12.

### ENTRY BLANK

CHECK ONE: 10K (2005 RVC 10K RUN)  1 MILE (FAMILY FUN RUN)

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

First Name	Last Name	Initial
[Grid for names and initials]		
Address		
[Grid for address]		
Town	State	Zip
[Grid for town, state, zip]		
Telephone Number		
[Grid for telephone number]		
Circle One: T Shirt Size		
S	M	L XL

Enter Chip Code Here: \_\_\_\_\_

Age	Sex	RVC Resident
[Grid]	M F	Y N
Date of Birth		
[Grid]		
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 \_\_\_\_\_