

# ALLEY POND STRIDERS 5 MILE CHALLENGE

Sunday, April 27, 2008  
RAIN OR SHINE

*This event benefits  
City Harvest and other  
local charities.*

Complete this application and mail or  
register online at [www.Active.com](http://www.Active.com)



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

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

**Eligibility:** Five Mile Race is open to Runners, Joggers  
and Walkers 13 years old and over.  
Fun Run 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 25 or received by no later than April 26) 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.

**RACE DAY REGISTRATION CLOSSES** at 9:30 AM for the  
5 Mile event.

**Awards: 5 MILE RACE:** FIRST THREE OVERALL FINISH-  
ERS, male and female receive a TROPHY. FIRST 3 AGE  
GROUP FINISHERS, male and female receive a TROPHY.  
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  
Boulevard north of Union Turnpike. From Northern State/  
GCP west: Exit 23. Turn left on Union Turnpike to  
Winchester Blvd.. Turn left on Winchester Blvd., park on  
left. From GCP east: 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

Mailing Address Include Apt. No. and/or C/O

City or Town

State

ZIP Code

E-Mail Address (Optional)

Sex

M F



Age on  
Race Day

Birthday

Mo. Day Yr.

Area Code

Phone Number




Check here to be notified of future events

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: \_\_\_\_\_ Parents Signature: \_\_\_\_\_

Required if entrant under 18