

# ROCKLAND ROAD RUNNERS PRESENTS THE 30th ANNUAL SOCIETATION OF THE COURS ON WHAT COUNTS THE COURS ON WHAT COUNTS



Susie & Leonard Buchan

Duke of Oiler Tune

The Skin Center

Dermatology Group.

Dr. Peter Friedman

The Humphrey Fāmilv

**Brook Valley** 

**Podiatry** 

BRIDGES

**Ed Rosenblum** 

Sophia Endick

The Cairo Family

COD Orange & Rockland

The Mitchell

Family

SUFFERN

MOUNTIES

Hearing Solutions of Rockland

A CHARITY AFFILIATED WITH THE CHILDREN'S CANCER FUND

## Thanksgiving Day, November 25th, 2021 – 8:30 AM



WHERE: Start & finish at Rockland Lake State Park, Congers, NY (north parking lot #1)

COURSE: First 2 miles are rolling hills, last 3 miles are flat (USATF certification #NY03014AM)

RACE DAY SCHEDULE: Race Starts at 8:30AM - Wheelchairs start at 8:15AM

PRE-RACE REGISTRATION SHIRT & RACE NUMBER **PICKUP** 

Mon, Tues., & Wed. Nove. 22, 23, 24 12 noon - 8 pm

**Bridges** 2nd Floor, Palisades Center One floor up

from Best Buy People

Signature: \_

AWARDS:

Top 10 m/f overall 15 & under, Top 3 m/f overall 16-19, 20-24, 25-29, 30-34 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+ Top 3 overall Wheelchair Division (pushrim & handcrank)

Long-sleeve shirts to all who pre-register before Nov. 17th. IN PERSON REGISTRATION AT BRIDGES. RUNNERS WHO REGISTER AT BRIDGES WILL RECEIVE SHIRTS ON A FIRST COME FIRST SERVE BASIS. - NOV. 22, 23, 24

FEES: \$35 - Early Bird (register before Sept 1)

\$40 - General | \$25 - RRR members | \$20 Senior (65+)

Additional \$6 if you would like to have your shirt mailed to you

**QUESTIONS?** Call 914-522-3890 or email turkeytrotdirector@rocklandroadrunners.org

**ON LINE:** Register at www.rocklandroadrunners.org/turkeytrot

RACERESULTS: Posted Next Day

\*Join the Thanksgiving spirit!

All participants are requested to bring nonperishable food for our annual food drive to Rockland Lake. All collected food will be given to "PEOPLE TO PEOPLE" for families in need througout Rocland County.



en to	FLOR	LLIC	FLO	/FLL	101 16	arrines	111111
HA	PPY	Tł	IAN	IKS	<b>61</b>	VIN	6!

			— — narr	CULIANT	OT A TIAN	1; :					
FIRST NAME	i		LAST	NAME:			MALE	FEMALE			
STREET ADD	DRESS:										
TOWN/CITY:			STATE:_	ZIP CODE:		PHONE:					
E-MAIL			@		AGE ON R	ACE DAY:	BIRTH DATE:				
SHIRT SIZE:	☐ SMALL	☐ MEDIUM	☐ LARGE	☐ X-LARGE	☐ 2XL	☐ 3XL					
Entry Amour		35 Early Bird (b 6 Please Mail N	pefore 9/1) \$40 My Shirt to Me	□\$25 RRR men	nbers Mem	bership #:	\$20 Ser	nior - Age 65+			
I would like to join the Rockland Road Runners. I have enclosed a separate check of \$25 for the 2021 calendar year.  I/My business/corporation would like to be a sponsor for next year's Turkey Trot. Please contact me.											
	Make checks	payable to:	RRR <i>Mail entry f</i>	orm to: Turkey Tr	ot c/o RRR,	P.O. Box 435, Co	ngers, New York 10920				
WAIVER MUST BE SIGNED											
of a race official relat the effects of the weat these facts, and in co Road Runners, the P their representatives persons named in thi	ive to my ability to safely c ather, including high heat, I onsideration of your accep allisades Interstate Park Co and successors from all cl is waiver. I understand that	omplete or assist in the numidity, extreme cold, tance of my application ommission, Town of Clar aims or liabilities of any bicycles, baby joggers,	event. I assume all risks associa the conditions of the road and tr for participation, I for myself and rkstown, County of Rockland, Pe kind arising out of my participat , roller skates or blades, animals	ated with running and volunteer affic on the course, all such risk anyone entitled to act on my beople to People, Rockland Courson in these club activities even and radio headsets are not allo	ing to work in club rates being known and behalf, hereby waive any Policy Hispanic Sthough that liability wed in the race and	aces including, but not limit appreciated by me. Having and release the Road Runr Society, New York State Pol may arise out of negligence I will abide by this guidelin	ned. I agree to abide by any decision ed to, falls, contact with other participa read this waiver and knowing ners Club of America, the Rockland ice, Super Race Systems and all spons or carelessness on the part of the L lalso grant permission to the event mate purpose without remuneration.				

ABSOLUTELY NO REFUNDS, EXCHANGES, OR TRANSFERS.

Date:

Parent's Signature (if under the age of 18): \_

# Contribute to a Cure

#### 100% of your donation supports cancer research and suffering children and families.

The Marisa Fund is a team of volunteers who aren't paid a salary, nor pursue rich promotional or advertising campaigns. We keep expenses to a minimum so every dollar you give makes a difference.

#### Supporting Research

The Marisa Fund is dedicated to wiping out pediatric cancer in our lifetime...join us in the fight!

#### **Helping Families**

The Marisa Fund provides financial assistance to families of children with cancer when insurance is not enough and they are unable to meet the high cost of care

#### Support Your Favorite Runner

or get others to support you and help us to help kids with cancer by signing on to our donation page at





A \$1 donation could be THE dollar that finds a cure for childhood cancer and puts an end to the suffering of sick

### \$25.00

A \$25 donation pays for one way transportation to the hospital or home from school for a sibling of a sick child.

A \$250 donation helps pay for an iPad so family members can FaceTime with a sick child that can't be at home.

\$10.00

A \$10 donation pays for one hour of babysitting and allows mom and dad to take their child for chemotherapy while the healthy child remains at home.

A \$100 donation pays for basic groceries for a family whose dollars are spent on treatment, leaving no budget for food.

A \$500 donation pays for 1-2 hours of research with the top Oncology professionals in our country.

#### Want to donate by mail? No problem!

Donations can be made by mail by sending your check to:

The Marisa Fund C/O David Goldwasser 3309 Leeward Drive, Haverstraw, NY 10927

Please make checks payable to The Marisa Fund









## THE CAIRO FAMILY

Hearing Solutions of Rockland

**Brook Valley Podiatry** 

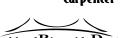


The Mitchell **Family** The



The Skin Center Dermatology Group, Dr. Peter Friedman

Carol and Bill Carpenter







KNIGHT

CONSTRUCTION, INC.

SUFFERN



Family Sophia Endick

**Humphrey** 

McDona<u>I</u>d's

New City

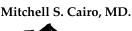


Centerock Podiatry specializing in foot and ankle care



County of Rockland Office of the County Clerk

eyemagination optical









Dr. Peter Costa North Rockland Podiatry



R2M REALTY, INC. 🎒 Kirby 🍖





Pearl River **Kevin Stokes** Excavating, Inc.

new city chiropractic Bobbi Kohn



Better Family

**Bernie Casserly** Stop&Shop **Iturbe Family** Lenny Sullivan **Endick Family** 





JIM MALONE

Mom, Dad,

& Max

Mom, Dad, Kimberg Family Ella & Molly



