

**40th ANNIVERSARY BILL MARKIEWICZ MEMORIAL  
ROCKLAND COUNTY ALUMNI X-COUNTRY RUN (3.0 MILES)  
CO-SPONSORED BY ROCKLAND ROAD RUNNERS  
THANKSGIVING SATURDAY, NOVEMBER 25, 2023**

BEAR MOUNTAIN STATE PARK AT NOON, EVENT HELD RAIN OR SHINE!  
**COURSE CHANGE:** DUE TO STORM DAMAGE, THE SKI-JUMP HILL TRAIL IS CLOSED. THE COURSE WILL NOW CIRCLE HESSIAN LAKE TWICE. COME AND RUN A PERSONAL-BEST TIME ON THE NEWLY CONFIGURED COURSE!

REGISTRATION BEGINS AT 10:45 AM AT PICNIC TABLES NEXT TO THE CAROUSEL. THERE IS NO ENTRY FEE, BUT PARKING IS \$10. **DONATIONS WILL BE ACCEPTED TO HELP DEFRAY INSURANCE COSTS!** RUNNERS MUST BE POST-HIGH SCHOOL AGE. ALUMNI OF ALL HIGH SCHOOLS ARE ELIGIBLE (NOT JUST ROCKLAND).

**PLEASE COMPLETE THE WAIVER BELOW AND HAND IN AT REGISTRATION ON RACE DAY! ENTRY IS DAY-OF-RACE ONLY. YOU MUST TURN IN SIGNED WAIVER TO RECEIVE PARTICIPANT'S CARD!**  
VISIT THE ROCKLAND COUNTY ALUMNI CROSS COUNTRY WEBSITES AT ALUMNIXC.BLOGSPOT.COM & ROCKLANDSPORTINGNEWS.COM.

**AGE-GROUP RACES FOR CHILDREN:** THESE BEGIN AT 11:30 AM., COORDINATED BY RAY KONDRACKI. THERE IS NO ENTRY FEE. EACH KIDS' RUN PARTICIPANT WILL RECEIVE AN AWARD DONATED BY THE ST. THOMAS AQUINAS COLLEGE XC/TRACK PROGRAM.

**Any Questions, Please contact Jamie Kempton at 845-521-0400**

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**Waiver:** I know that running/walking and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 and volunteering to work in races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and upon consideration of your acceptance of my application for participation, I for myself and anyone entitled to act on my behalf, hereby waive and release the Road Runners Club of America, the Rockland Road Runners, the Town of Stony Point, the Town of Highlands, the County of Rockland, the County of Orange, the Palisades Interstate Park Commission, the New York State Office of Parks, Recreation and Historic Preservation, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this activity even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, baby joggers, roller skates or blades, radio headsets or animals are not allowed in the race, and I will abide by this guideline.

NAME (PRINT) \_\_\_\_\_ DATE \_\_\_\_\_

HIGH SCHOOL \_\_\_\_\_ CLASS OF \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_