

42nd ANNIVERSARY

BILL MARKIEWICZ MEMORIAL/ ROCKLAND COUNTY ALUMNI X-COUNTRY RUN (3.0 MILES)

CO-SPONSORED BY ROCKLAND ROAD RUNNERS
THANKSGIVING SATURDAY, NOVEMBER 29, 2025

Due to Long-term construction at Bear Mountain, we had to move the Alumni Race to **ROCKLAND LAKE STATE PARK**. The race will still be held on the Saturday after Thanksgiving (Saturday Nov. 29th), and it will be held at 10:00 am, not the traditional noon time. The race will start and finish from parking Lot #3. As always, there's no entry fee and Rockland Lake does not charge for parking at this time of the year. However, there is a \$300.00 Fee and Insurance Fee, so **DONATIONS WILL BE ACCEPTED TO HELP DEFRAY INSURANCE AND RACE FEES.**

Runners must be post-High School age.

Alumni of all High Schools are eligible (NOT JUST ROCKLAND SCHOOLS).

**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 !!!!**

We encourage everyone to visit the Rockland County Alumni Cross Country Websites at:

WWW.ROCKLANDSPORTINGNEWS.COM

CONTAIN ALL THE YEARS THE RACE HAS BEEN RUN.

KUDOS TO MIKE COLLINS.

Age group races for Children will be held at: 9:30 am. Registration at 8:45 am. There is no entry Fee.

Each kid's run participant will receive an award Donated By:

ST. THOMAS AQUINAS COLLEGE XC/TRACK PROGRAM.

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

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, race volunteers, the Town of Clarkstown and Rockland Lake State Park, 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 _____