

# ALLEY POND STRIDERS 5 MILE CHALLENGE FEATURING OUR ALL PARK COURSE!!

**Sunday, April 24, 2016  
RAIN OR SHINE**

*The majority of race proceeds  
to benefit local charities.*



Member of  
USA Track & Field



## NEW EARLIER START TIMES

Fun Run 9:00 AM

5 Mile Race 9:30 AM

*Rain or Shine*

With the cooperation of the Department of Parks and Recreation, City of New York, Mayor Bill deBlasio and Parks Commissioner Veronica M. White.

Register on the  
web at:  
<http://nycruns.com/>

**Eligibility:** The 5 Mile Challenge is open to runners, joggers and walkers 13 years old and over. Fun Run is open to children 12 and under.

**Course:** A five mile race through beautiful Alley Pond Park and on the historic Vanderbilt Motor Parkway. The course is accurately measured with split times at every mile. Two water stations. Lavatory and Dressing facilities are available.

**REGISTRATION: Pre-Registration: \$25** (postmarked by April 20) includes designer race shirt. **RACE DAY Registration \$30** (race shirts while they last). **Fun Run for Children - \$7.00.** MUST be present to receive race shirt.

**Day of Race Registration will be held at the  
Alley Pond Park House  
from 7:30 to 9:00 AM.**

**Awards: 5 MILE RACE:** FIRST THREE OVERALL FINISHERS, male and female, receive a TROPHY. FIRST THREE AGE GROUP FINISHERS, male and female receive an award. Age Groups 13 - 19 then every five 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 Blvd. north of Union Turnpike. From Long Island - Northern State/GCP westbound: Exit 23. Turn left on Union Turnpike to Winchester Blvd. Turn left onto Winchester Blvd., park on left. From Manhattan/Queens - GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Parking lot on right.

Register at <http://nycruns.com/> or by mail.  
Make checks payable to: **ALLEY POND STRIDERS**  
148 Andrews Road, Mineola, NY 11501

**NO REFUNDS, EXCHANGES OR TRANSFERS**

CIRCLE YOUR T-SHIRT SIZE: S M L XL

CIRCLE YOUR EVENT: 5 Mile Run Fun Run

Last Name

First Name

Sex

Age on

Birthday

M F

Race Day

Mo. Day Yr.

Mailing Address

Include Apt. No. and/or C/O

 



City or Town

State

ZIP Code

Area Code

Phone Number






E-Mail Address

Club or Team Affiliation

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: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

Required if entrant under 18

RACE INFORMATION AND RESULTS WILL BE POSTED AT: [WWW.APSTRIDERS.COM](http://WWW.APSTRIDERS.COM).