

**ALLEY POND STRIDERS
CHALLENGE RACE - 5K RUN/WALK
NEW START LOCATION
ALLEY POND PARK AT SPRINGFIELD BLVD.**

The majority of race proceeds to benefit Alley Pond Environmental Center

Register online:
www.elitefeats.com

Member of
USA Track & Field



**Sunday, April 26, 2020
RAIN OR SHINE**

START TIMES
Fun Run 9:30 AM
5k Race 10:00 AM

With the cooperation of the Department of Parks and Recreation, City of New York, Mayor Bill deBlasio and Parks Commissioner Mitchell Silver.

Eligibility: This year's Challenge Race is a 5k open to runners, joggers and walkers 10 years old and over. Fun Run is open to children 12 and under.

Course: A 5k race through paved paths of the beautiful, and hilly Alley Pond Park. The course is accurately measured with split times at every mile. One on-course water station. Lavatory and Dressing facilities are available.

REGISTRATION: Pre-Registration: \$25 (postmarked by April 24th.) 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 - Springfield Blvd. - 8:00 to 9:30 AM.

NEW LOCATION DIRECTIONS: Alley Pond Park - Springfield Blvd.: Registration and start located on 76th Avenue and Springfield Blvd (north of Union Turnpike). From Northern State/GCP westbound: Exit 23. Turn right onto Union Turnpike to Springfield Blvd. Turn right onto Springfield. Turn right on 76th Avenue, park on left.

From GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Continue south to Union Turnpike. Make a right onto Union Turnpike to Springfield Blvd. From Springfield Blvd turn right onto 76th Avenue, park on left.

AWARDS 5K Race: First three overall finishers (male and female) receive a trophy. First three finishers in each AGE GROUP receive an award. Age groups: age 10-19, then every ten years to 70+. **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.

Register at www.elitefeats.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: 5k Run/Walk
Fun Run

Last Name _____		First Name _____		Sex		Age on		Birthday		
Mailing Address _____		Include Apt. No. and/or C/O _____		M	F	Race Day		Mo.	Day	Yr.
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.ALLEYPONDSTRIDERS.COM .