

NORTH ROCKLAND COMMUNITY

21ST Annual 5K Run/Walk

Sunday, June 7, 2026, 9:30 AM
"WE CARE"

Where: Start and finish at Bowline Point Park, Haverstraw, NY

Course: Very Scenic (fabulous river views), flat and fast

Race Day Schedule: 7:30 AM - 9:15 AM Race Check-in & Registration
Rain or Shine 8:30 AM Children's Fun Runs
9:30 AM 5K Run Start

* ChampionChip scoring by Super Race Systems, B-tags distributed race day *

AWARDS: Top 3 m/f overall, 12 & under, 13-15, 16-19, 20-24, 25-29,
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+
T-Shirts guaranteed ONLY to all pre-registrants (excluding children's fun runs)

FEE: Pre-Registration (Postmarked on or before 5/30/2026) - \$20
After 5/30/2026 - \$25 Race Day registration - \$25 for all participants
Children's Fun Runs - FREE for 2026 - Age 12 and under - medals to all finishers

INFORMATION: Call 845-429-2200 or on the web at www.townofhaverstraw.gov

Make checks payable to NRCFD. Mail entry form to NRCFD, 1 Rosman Road, Garnerville, NY 10923

You may register online @ www.townofhaverstraw.gov on or before 6/1/2026

PLEASE PRINT

Last Name _____ First _____ Age on 6/7/2026 _____ M _____ F _____

Street Address _____ Date of Birth _____

Town/City _____ State _____ Zip _____

Phone _____ Email _____

T-shirt size: YL, S, M, L, XL, XXL (Circle one)

Amount Enclosed: Postmarked on or before May 30, 2026 \$20 _____

Race day registration (after May 30, 2026) \$25 _____

For Official Use

☐ I/my business/corporation would like to be a sponsor for this community event. Please contact me at _____.

I know that running/walking and volunteering to work in races are potentially hazardous activities. I should not enter and run in 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, waive and release the Town of Haverstraw, Village of West Haverstraw, ChampionChip Scoring, 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, animals and radio headsets are not allowed in the race, and I will abide by this guideline. No refunds, exchanges or transfers.

Signature _____ Parent's, if under 18 _____ Date _____

Visit www.townofhaverstraw.gov for more info

Proceeds benefit Kaylee Flores

Aliza Agramonte Melo and

David Fabian Serrano

"We Care"

Please Arrive Early!

Directions from New York City:

Via NYS Thruway: Cross Tappan Zee Bridge and take Exit 13N Palisades Parkway north. Take parkway to Exit 13. Turn left at end of ramp onto Thiells-Mt Ivy Rd. Turn right onto Suffern Lane. Suffern Lane becomes Railroad Avenue. Turn right onto Samsondale Avenue. Turn left into park entrance.

Via George Washington Bridge: To Palisades Parkway north to Exit 13. Follow above directions.

Directions from Orange County and Bear Mountain Bridge:

Via Palisades Parkway south: To Exit 14 Willow Grove Road. Turn left onto Willow Grove Road. Proceed to third traffic light, turn right onto Rte. 9W. Go to first traffic light, turn left onto Railroad Avenue. Turn right onto Samsondale Avenue. Turn left at park entrance.

Via Rte. 9W: Take Rte. 9W south to Railroad Ave. (just south of Helen Hayes Hospital) and turn left. Turn right onto Samsondale Avenue. Turn left at park entrance.

Race Day Schedule Sunday, June 7, 2026 7:30 – 9:15 am Race Check-in & Registration 8:30 am Children's Fun Races 9:30 am 5K Run Start 11:00 am Awards Ceremony	
<u>Free Shuttle Bus Service</u> From: 7:30 AM – 9:15 AM, 10:30 AM – 12:00 PM Provided from overflow parking area at Peck's Pond Park to Bowline Point Park. Bowline Plant Road will be closed to vehicular traffic from 9:15 AM – 10:30 AM <i>(there will be no shuttle bus at this time)</i> <u>No entry to or exit from the park will be permitted during the race (9:15AM-10:30AM)</u> Bus service will resume upon completion of the race at approximately 10:30 am. <u>Please Arrive Early!</u>	
<u>For info call: 845-429-2200</u> <u>www.townofhaverstraw.gov</u>	
Kid's Fun Runs 8:30 AM – 12 and under, distances vary All finishers receive medals FREE for 2026, Sign up race day	

North Rockland Community Day 5K Run/Walk Proceeds to benefit Kaylee Flores Kaylee is a 2nd Grade student at West Haverstraw Elementary who has been diagnosed with Hereditary Spastic Paraplegia (HSP). This condition is a group of rare, inherited progressive disorders characterized by stiffness and weakness in the leg muscles caused by degeneration of nerves in the spinal cord. This affects her mobility and she therefore uses a walker and wears braces to support her legs and improve stability while walking. As time goes on, she will need more therapies, doctor appointments and tools to help her be mobile and dependent which will put a financial burden on the family. Aliza Agramonte Melo Aliza is a 16-year-old 11th grader at North Rockland High School who is currently receiving home instruction while undergoing treatment for diffuse midline glioma, diagnosed in February 2025. She has bravely endured two surgeries, radiation therapy, and is now continuing her fight with chemotherapy. Aliza experiences challenging side effects, including seizures, light sensitivity, and dizziness. She lives with her mother, Naomi, and her brother and sister, who support her every step of the way. Despite her diagnosis, Aliza continues to find joy in reading, drawing, playing games, and spending time in the sunshine. David Fabian Serrano David is a 13 years old who is the definition of courage. Until recently, his life moved to the rhythm of a soccer ball and laughter in the corridors of his school. However, on October 30, 2024, his world took an unexpected turn when he was diagnosed with leukemia. Despite the physical battles and difficult days, his spirit does not stop. Currently, David is in the 9th grade at North Rockland High School, demonstrating an admirable resilience in continuing with his academic dreams while facing his treatment. Please help us assist these deserving recipients. The North Rockland community cares and has always come through. Please find it in your hearts to come to the race and run, jog, walk or slowly meander the course with your family & friends through beautiful Bowline Point Park and Peck's Pond Park.	
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North Rockland Community 5K Run/Walk Committee Howard T. Phillips, Jr. Supervisor, Town of Haverstraw Amy Conklin Stamm Supervisor, Town of Stony Point Joseph Casarella Athletic Director North Rockland High School	
Sponsorships If you, or your company, would like information regarding sponsorships for this worthwhile community event, please contact: Town of Haverstraw 845-429-2200 Rich Spatta at 845-354-8972 A portfolio explaining the levels and benefits of sponsorship is available. <i>All donations are tax deductible</i>	
Race Day Volunteers Needed!! If you can spare a few hours of your time on June 7, 2026, please call: Haverstraw Town Hall at 845-429-2200	