

Richmond Rockets Ultra Marathon

Saturday,
September 22, 2012

START: 8:00 a.m.

FINISH: 2:00 p.m.

CHECK IN: 6:45 a.m. – 7:45 a.m.

Clove Lakes Park / Number pick up & race
Instructions on Clove Road (1 block past
Victory Blvd. at Park House "Stonehenge")

COURSE: Continuous 2 mile loop thru scenic
Clove Lakes Park, Staten Island, NY

AWARDS:

* Top 3 Overall Finishers – male/female

* 1st Staten Islander

- In Memory of **Jeff Giordano**

* Marathon Distance or More

Entry Fee: \$40 (Includes LS T-shirt)

**Pre-Race Registration (must be received by
September 18th (\$40)**

**Number pick up - Thurs. 9/20, 6-9pm,
at 100 Bidwell Ave., SI, NY 10314**

Race Day Entry: \$50

POST RACE: Awards & Refreshments at
"Stonehenge" in Clove Lakes Park.

*****Make checks payable to: Richmond Rockets, 100 Bidwell Ave., S.I. N.Y.10314*****



Directions:

From SI Ferry by Bus: Take **S61** or **S62** from
Ramp A to Clove Road and Victory Blvd.

By auto: S.I. Expressway to Exit 13 Clove Rd.
**Park is located at corner of Clove Rd. & Victory
Blvd.**

NEW! 2,3 or 4 person relay:

2 person team: \$75 per team

3 person team: \$110 per team

4 person team: \$140 per team

**Each team member receives L/S Tee, award,
and after race party.**

Aid Stations: Gatorade, water, ice, sponges,
snacks, first aid kit

RACE INFO: email: bidwell7@aol.com or call: 718-442-2284 or 1-646-331-0573

Name: _____ Male _____ Female _____ Age: _____

Address: _____ City _____ State _____ Zip _____

Phone: _____ T-shirt size: _____ S _____ M _____ L _____ XL _____

Relay: Team Name: _____ Shirt Sizes: Member #1 _____ #2 _____ #3 _____ #4 _____

I know that running a road race is a potentially hazardous activity. I understand that I should not enter and run unless I am medically and properly trained. I agree to abide by any decision of the race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts waive and release the Richmond Rockets, race committee and the NYC Parks Department and any sponsors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____

Richmond Rockets 6 Hour Ultra Marathon is a proud participant in the 2012 New York
Ultra running Grand Prix Series

Applications/Race Results: sirunning.com or newyorkultrarunning.org