

# Richmond Rockets Ultra Marathon

Saturday,  
September 20, 2008

**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: \$35** (Includes LS T-shirt)

All entries due by **September 15, 2008**

**Pre-Race Registration and number pick up - Thurs. 9/18, 6-9pm, 100 Bidwell Ave.**

**Make check payable to:**

**Richmond Rockets  
100 Bidwell Ave  
Staten Island, NY 10314**

**RACE DIRECTOR:** Michael Tobin (718) 442-2284



**AID STATIONS:** Gatorade, water, ice, sponges, snacks, first aid kit.

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

### DIRECTIONS:

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

**From NY:** Verrazano Bridge to S.I. Expressway to Exit 13, Clove Road. Make right at Clove Rd. and left turn onto Victory Blvd. Park along Victory Blvd.

**From Goethals Bridge:** S.I. Expressway to Clove Road. Make a left on Clove Road and follow above directions

Name: \_\_\_\_\_ Male Female Age: \_\_\_\_\_

Address: \_\_\_\_\_ City State Zip \_\_\_\_\_

Phone: \_\_\_\_\_ T-shirt size: S M L XL \_\_\_\_\_

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 2008 New York Ultra running Grand Prix Series

Applications: [sirunning.com](http://sirunning.com) or [newyorkultrarunning.org](http://newyorkultrarunning.org)