

**A world class event
takes world class partners!**

Crystal Run Healthcare

**Orange County Office of the
County Executive, Ed Diana**

Orange County Legislature

City of Middletown

**Enlarged City School
District of Middletown**

Rowley Lumber

Orange & Rockland

Middletown Cares

Formula H Motorworks

Middletown Alliance Church

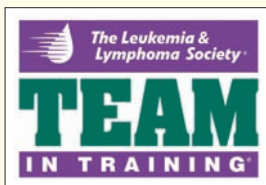
Metro-Pool

Doctors Giorgianni, DDS

Something Sweet Dessert Cafe

Nutrilite

Scotchtown Chiropractic



JOSH'S TEAM

**one person can
make a difference**

 **Crystal Run**[®]
Healthcare
presents



CELEBRATING 30 YEARS!

CLASSIC 10K • ROWLEY 5K • JUNIOR CLASSIC • HEALTH EXPO

Saturday June 12th 2010

Junior Classic - Events start at 9:00

Community Health Expo
9:00 a.m. - 1:00 p.m.

Sunday June 13th 2010

Rowley 5K Race & Walk - 7:45 a.m.

Classic 10K - 8:30 a.m.

**Come out and join the community for a weekend
of healthy activity, great food and free gifts.
Meet world class athletes and just have FUN!**

**For more information or to register online go to
www.classic10K.com. You can also register at active.com.**



USATF
Sanctioned
Event



Proud Participant
of the Hudson Valley
Grand Prix

CELEBRATING 30 YEARS!



CLASSIC 10K REGISTRATION FORM

Classic 10K • P.O. Box 4050 • Middletown, NY 10941

**NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
NEWBURGH, NY 12550
PERMIT NO. 8604**

REGISTRATION FORM

Event (please check one):

- Classic 10K
Sunday June 13th, 8:30 a.m.
- Rowley 5K
Sunday June 13th, 7:45 a.m.

To register for the ALL NEW Junior Classic go to www.classic10k.com and download the Junior Classic Registration Form. Please do not use this form.

Last Name First Name

Address Apt. #

City State Zipcode

Phone Number

E-mail Address Receive race weekend news and updates.

Age on Race Day

Male Female T-shirt Size: S M L XL

Are you a Hudson Valley Grand Prix member? Yes No

F E E S Classic 10K & Rowley 5K • \$22 if postmarked by 5/31/10 • \$27 after 5/31/10
Junior Classic • FREE

Amount Enclosed: Please make check payable to:
Classic 10K

IMPORTANT: Each participant must complete and sign this form, agreeing to the waiver as described below. Incomplete entry forms will not be accepted. **Only one person per application (including children's events).** The Classic 10K Road Race, Inc. is not responsible for lost, late or misdirected enrollment applications. There are NO REFUNDS. **WAIVER (MUST BE SIGNED):** I know and understand that participating in an event of The Classic 10K Road Race Weekend is a potentially hazardous activity, and that baby joggers, bicycles, skateboards, rollerblades, animals and radio headsets are not allowed in the events. I should not enter, enroll or participate unless I am medically able and properly trained. I agree to abide by any decision of a race/event official relative to my ability to safely complete an event. I assume all risks associated with participating in The Classic 10K Race Weekend activities 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 you accepting my application, I, for myself, and anyone entitled to act in my behalf, waive and release The Classic 10K Road Race, Inc., its directors and officers, event vendors, race/event officials, volunteers and sponsors, their representatives and successors, from all claims of liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Participant Date

Signature of the Parent/Guardian IF ATHLETE/PARTICIPANT IS UNDER AGE 18: This is to certify that my son/daughter/child for whom I am responsible has my permission to participate in The Classic 10K Road Race Weekend event(s), is in good physical condition and that race/event officials have my permission to authorize emergency treatment if necessary.

Cut along dotted line and mail this registration form along with your check to: **Classic 10K • P.O. Box 4050 • Middletown, NY 10941.**

RACE INFORMATION

30th Annual Classic 10K Road Race • June 12 & 13 2010

Course: Start on Gardner Ave. and finish at the all new Middletown High School Stadium. Junior Classic events will be held on the Middletown High School Olympic Track.

Race Start: Classic 10K • Sunday, June 13th • 8:30 a.m.
Rowley 5K • Sunday, June 13th • 7:45 a.m.
Junior Classic • Saturday, June 12th • 9:00 a.m.

Registration &

Packet Pickup: Friday, June 11th, 4 p.m. - 7 p.m., Middletown High School Track
Saturday, June 12th, 7 a.m. - 4 p.m., Middletown High School Track
Sunday, June 13th, 6:30 a.m. - 8 a.m., Middletown High School Track
Goodie bag and 2010 Classic 10K T-shirt guaranteed to first 1,000 registrants.

Scoring:

The Classic 10K will use the Chronotrack D-tag electronic scoring system for 2010. A disposable electronic "D-tag" will be attached to your number bib. The D-tag must be removed from your bib and properly attached to your shoelaces in order to be scored on race day. Instructions can be found at www.classic10k.com/dtag.pdf and will be available at packet pick-up and on race day.

Awards:

Classic 10K (6.2 miles)
Medals in 13 age divisions and \$13,500 in Prize Money.
Men and Women Overall

| | | | | | |
|-----------|---------|-----------|-------|-----------|-------|
| 1st place | \$1,500 | 5th place | \$600 | Masters | |
| 2nd place | \$1,200 | 6th place | \$500 | 1st place | \$250 |
| 3rd place | \$1,000 | 7th place | \$400 | 2nd place | \$200 |
| 4th place | \$800 | 8th place | \$300 | 3rd place | \$125 |

Rowley 5K (3.1 miles) - Medals in 13 age divisions.

Registered participants will receive a beautiful 2010 Classic Race Weekend Medallion. Plus, event participation will be posted on our website.

JUNIOR

CLASSIC:

FREE for 2010, the Junior Classic Races have been expanded to include lots of **age-group races** on the track for all kids up through Middle School, a **parent-child 800 meter relay race** and **six(6) one mile races.** The one milers are for ages 7 & 8, 9 & 10, 11-13 **PLUS** High School grades 9 & 10 and 11 & 12. Topping off the day is an open 1 mile race, with adults invited! Age group races start at 9 a.m. and one mile races start at 10:30 a.m. Download an application from www.classic10k.com.

2009 CLASSIC 10K WINNERS

| | | | | | |
|-----------|-------------------------|-------|-----------|---------------------|-------|
| 1st Place | Stephen Chemlany | 29:09 | 1st Place | Emebet Bacha | 33:08 |
| 2nd Place | Worku Beyi | 29:10 | 2nd Place | Aziza Ayila | 33:50 |
| 3rd Place | Ketema Nigusse | 29:10 | 3rd Place | Meskerem Legesse | 33:52 |

2009 ROWLEY 5K WINNERS

| | | | | | |
|-----------|----------------------|-------|-----------|-------------------|-------|
| 1st Place | Isaiah Miller | 16:37 | 1st Place | Andi Palen | 18:44 |
| 2nd Place | Mahin Hehir | 16:41 | 2nd Place | Lauren Hehir | 19:34 |
| 3rd Place | Eddie Maloney | 16:47 | 3rd Place | Taylor Hock | 21:16 |



Olympic Marathon Gold Medalist Frank Shorter, Rich Rowley and Brian Rivenburgh present the Rowley Cups to the Warwick boys and Washingtonville girls teams.



Directions: Middletown High School - From Exit 120 on Rt. 17, take Rt. 211W towards Middletown 0.8 miles, then left onto Carpenter Ave. Proceed on Carpenter about 0.4 miles to the high school entrance on the right.

If the Middletown High School parking lot is full (or if you are arriving after 7:15 AM), head either to Twin Towers Middle School (directions below) or park at the top of Carpenter Avenue, across from Alto Music, just after turning onto Carpenter.

Twin Towers: An easy 5 block walk to the High School. From Exit 120 on Rt. 17, take Rt. 211W towards Middletown. Left at 9th traffic light onto Wisner, then 3 blocks to Irwin on the right. After parking, go back to and cross Wisner, then follow Cherry to the high school athletic fields.

From... NYC: I-87N to exit 16, Rt. 17W to exit 120.

Albany: I-87S to exit 17. I-84W to exit 4W. Rt. 17W to exit 120.

Binghamton: Rt. 17E to exit 120W.

CT: I-84W to exit 4W. Rt. 17W to exit 120.

PA: I-84E to exit 4W. Rt. 17W to exit 120.

NJ: 17N to I-87N to exit 16. 17W to exit 120.

Classic 10K Finish Line Party and Awards Ceremony...

At approximately 10:00 a.m. on Sunday, June 13th, 2010 after the last runner finishes the 10K, food will be served. The Awards Ceremony will commence shortly thereafter. **The entire community is invited to the Finish Line Party. Food brought to you by Bada Bing II Pizza & Restaurant** (61 State St., Otisville, NY, 845-386-2222).

To see the course and get additional information go to www.classic10k.com