

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

Crystal Run Healthcare

**Orange County Office of the
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**Enlarged City
School District of Middletown**

Orange and Rockland

Rowley Lumber

Mediacom

Middletown Cares

Formula H Motorworks

Middletown Alliance Church

Doctors Giorgianni, DDS

Something Sweet Dessert Café

josh's team



 **Crystal Run®**
Healthcare
presents



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

Saturday June 11th 2011

Junior Classic - Events start at 9:00

Sunday June 12th 2011

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

Classic 10K - 8:30 a.m.

Community Health Expo
8:00 a.m. - 12:00 p.m.

**Come out and join the community for a weekend
of healthy activity, great food and free gifts.**

For more information, visit www.classic10k.com.

You can register online at active.com.

We are "Classic TenK" on 



USATF
Sanctioned
Event



Proud Participant
of the Hudson Valley
Grand Prix



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

Use this form to register for the **CLASSIC 10K** and **ROWLEY 5K**

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

EVENT: Classic 10K Rowley 5K
 Sunday June 12th, 8:30 a.m. Sunday June 12th, 7:45 a.m.

Last Name _____ First Name _____

Address _____ Apt. # _____

City _____ State _____ Zipcode _____

Phone Number _____

E-mail Address _____

Male Female

AGE ON RACE DAY

Are you a Hudson Valley Grand Prix member? Yes No

T-shirt Size: S M L XL

Classic 10K & Rowley 5K: **\$23** if postmarked by 5/31/11
\$28 after 5/31/11 and on Race Day

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

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 Parent/Guardian: IF ATHLETE/PARTICIPANT IS UNDER AGE 18 _____ Date _____
 This is to certify that I have read the above Waiver, 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.

The Classic 10K Road Race, Inc. is not responsible for lost, late or misdirected applications. There are **NO REFUNDS**.

RACE INFORMATION

31st Annual Classic 10K Road Race • June 11 & 12, 2011

Course: Start on Gardner Ave., run through the City of Middletown and finish in the Middletown High School Stadium. Junior Classic events are held on the Middletown High School Olympic Track.

Race Start: Classic 10K • Sunday, June 12th • 8:30 a.m.
 Rowley 5K • Sunday, June 12th • 7:45 a.m.
 Junior Classic • Saturday, June 11th • 9:00 a.m.

Registration & Packet Pickup: Friday, June 10th, 4 p.m. - 7 p.m., Middletown High School Track
 Saturday, June 11th, 8 a.m. - 2 p.m., Middletown High School Track
 Sunday, June 12th, 6:30 a.m. - 8 a.m., Middletown High School Track
 Goodie bag and 2011 Classic 10K TECH T-shirt guaranteed to first 1,000 registrants.

Scoring: The Classic 10K will use the Chronotrack B-tag electronic scoring system. The disposable electronic B-tag will be attached to your number bib. **The bib must not be folded and must face forward or you will not be scored.**

Awards:

Classic 10K (6.2 miles) Medals 5 deep in 13 age divisions and \$15,800 in Prize Money.	
Men and Women Overall	Masters
1st place \$1,700.00	5th place \$700.00
2nd place \$1,300.00	6th place \$600.00
3rd place \$1,100.00	7th place \$500.00
4th place \$900.00	8th place \$400.00

Rowley 5K (3.1 miles)
 Trophy for 1st overall and medals in 13 age divisions.

JUNIOR CLASSIC:

Saturday June 11 at 9:00 a.m. **FREE!**
 Under the able guidance of Middletown High School track and cross country coaches Wayne Beam and George Shurter, the Junior Classic Races are held on the track.

Age group races for all kids up through Middle School:
 50 meters for ages 5 and under
 100, 200, 400 & 800 meters for ages 6 and up

Junior Classic Miles:
A. Grades 3 and 4 **B.** Grades 5 and 6 **C.** Grades 7 and 8
 The Junior Classic miles may be held concurrently.
 Visit www.classic10k.com/junior.html for an entry form.

JOSH'S TEAM:

If you raced with us in 2009 and 2010, you may have noticed a proliferation of participants sporting Josh's Team Tech T-shirts. This year, consider joining; it's hard to find an easier way to make a really positive difference.

You can join Josh's Team to help support the Joshua Stamm Memorial Scholarship at Goshen High School, the AT Children's Project and others. Please visit www.joshsteam.org for a special application form.

Who has raced with us recently?

- Olympic Marathon Gold Medalist **Frank Shorter** • Olympic Marathon Gold Medalist **Joan Benoit Samuelson** • Olympic Marathon Silver Medalist **Meb Keflezighi**
- Boston & NY Marathon Extraordinaire **Bill Rodgers**
- USA 10K Champion **Abdi Abdirahman**



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 12th, 2011 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