

MACK-CALI / WHITE PLAINS 5K & 10K ROAD RACES

GREAT RAFFLE PRIZES!
T-shirts for all entrants
Awards to top finishers
by class

PLUS 1 MILE FUN WALK
IN COOPERATION WITH WHITE PLAINS RECREATION AND PARKS
PROCEEDS BENEFIT WHITE PLAINS HOSPITAL CENTER
SUNDAY, OCTOBER 1ST, 2006



WHEN:

Sunday, October 1st, 2006
Registration from 7:30-8:30am
Races & Walk start at 8:30am

WHERE:

Library Plaza - Martine Ave. at S.
Lexington Ave. - across from
Westchester Financial Center and
Galleria Mall Parking Garage. Race
map and directions on back of this
flyer.

DETAILS:

T-Shirts for all entrants
Raffle Drawing for entrants
Water station on course
Awards to top finishers by class
After-race refreshments by
Gatorade, SOBE and
What a Bagel

RACE COORDINATED BY:

Westchester Road Runners



ENTRY FEES:

	Run	Walk
Pre-entry	\$15	\$5
Day of race	\$20	\$10
Optional Contribution: _____ (Benefits White Plains Hospital)		
Total Enclosed: _____		

HOW TO ENTER:

Mail entries to, or
register in person at:

White Plains Recreation & Parks
85 Gedney Way
White Plains, NY 10605
914-422-1336



5K Run
 10K Run

1 Mile Walk
Sunday, October 1st, 2006

Place	Time	Runner's No.
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Last Name	First Name	Male	Female	Age
Address				
City		State	Zip code	

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound hereby for myself, heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Mack-Cali Realty Corporation, Westchester Road Runners Club, The City of White Plains, any and all sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, video tapes, motion pictures, recordings, or any other record of this event containing my likeness or image for any legitimate purpose without compensation.

I HAVE READ AND UNDERSTAND THE FOREGOING RELEASE (SIGNATURE)	Parent's signature if under 18 years	Date
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Return completed application with check to White Plains Recreation & Parks, 85 Gedney Way, White Plains, NY 10605

Directions to the Mack-Cali – White Plains 5K Road Race

From N.Y.C.: Bronx River Pkwy. north to Main St. Exit • Saw Mill River Pkwy. north to Cross Westchester Expy. east to Exit 6 • Hutchinson River Pkwy. north to White Plains west Exit • Cross Westchester Expy. west to Exit 6

From Upper Westchester: Taconic Pkwy south to Bronx River Pkwy. to Main St. Exit

From N.J.: Tappan Zee Bridge to Cross Westchester Expy. east to Exit 6

From Conn.: Merritt Pkwy. to Hutchinson River Pkwy. to Cross Westchester Expy. west to Exit 5. I-95 to Cross Westchester Expy. west to Exit 6

Garage parking will be available at the Galleria Mall with entrances from Main St., Grove St. and Lexington Ave.

Race Course Map

