

Run the Bronx



Bronx Community College
 35th Annual Hall of Fame 10K & 5K Runs
 The Michael Steuerman 2 Mile Fitness Walk
 USA Track and Field NY 10K Road Championship
 PROFESSIONAL TIMING

10 a.m. Saturday, May 4, 2013

Rain or Shine

FREE T-shirts for all participants

Portion of proceeds to benefit the Steuerman Scholarship Fund and
 The David Hernandez Memorial Scholarship

Register ONLINE

www.bcc.cuny.edu/10krun

- Post Race Refreshments
- Award Ceremony Following Race at Noon
- Race Starts and Finishes at the College

When:	<ul style="list-style-type: none"> • At 10 a.m. the 10K, 5K Run and 2 Mile Fitness Walk begins
Where:	<ul style="list-style-type: none"> • Bronx Community College (free parking and baggage check-in on campus)
Fees:	<ul style="list-style-type: none"> • Pre-entry: \$15; BCC students with ID: \$7 • Special Rates: Elementary, intermediate and high school students: \$5 • Day of race registration: \$30 (Registration opens at 7:30 a.m. and ends promptly at 9:30 a.m.)
Deadline:	<ul style="list-style-type: none"> • Pre-entries must be received by Friday, April 26, 2013
10K Trophies:	<ul style="list-style-type: none"> • 1st place male and female overall • 2nd place male and female overall • 1st, 2nd and 3rd place trophies in all age categories
5K Trophies:	<ul style="list-style-type: none"> • 1st place male and female overall • 2nd place male and female overall • 1st, 2nd and 3rd place trophies in all age categories
Raffles and Prizes:	<ul style="list-style-type: none"> • Raffle prizes for participants only (must be present to win) • T-shirts for all participants • Certificates for all participants • No duplication of awards
Information:	<ul style="list-style-type: none"> • Call 10K Hot Line 718.289.5877 or go to www.bcc.cuny.edu/10krun

ENTRY FORM: All entries must be signed on reverse side

Name: Last First Sex: M F Age:

Address: Street Apt# City State Zip Code

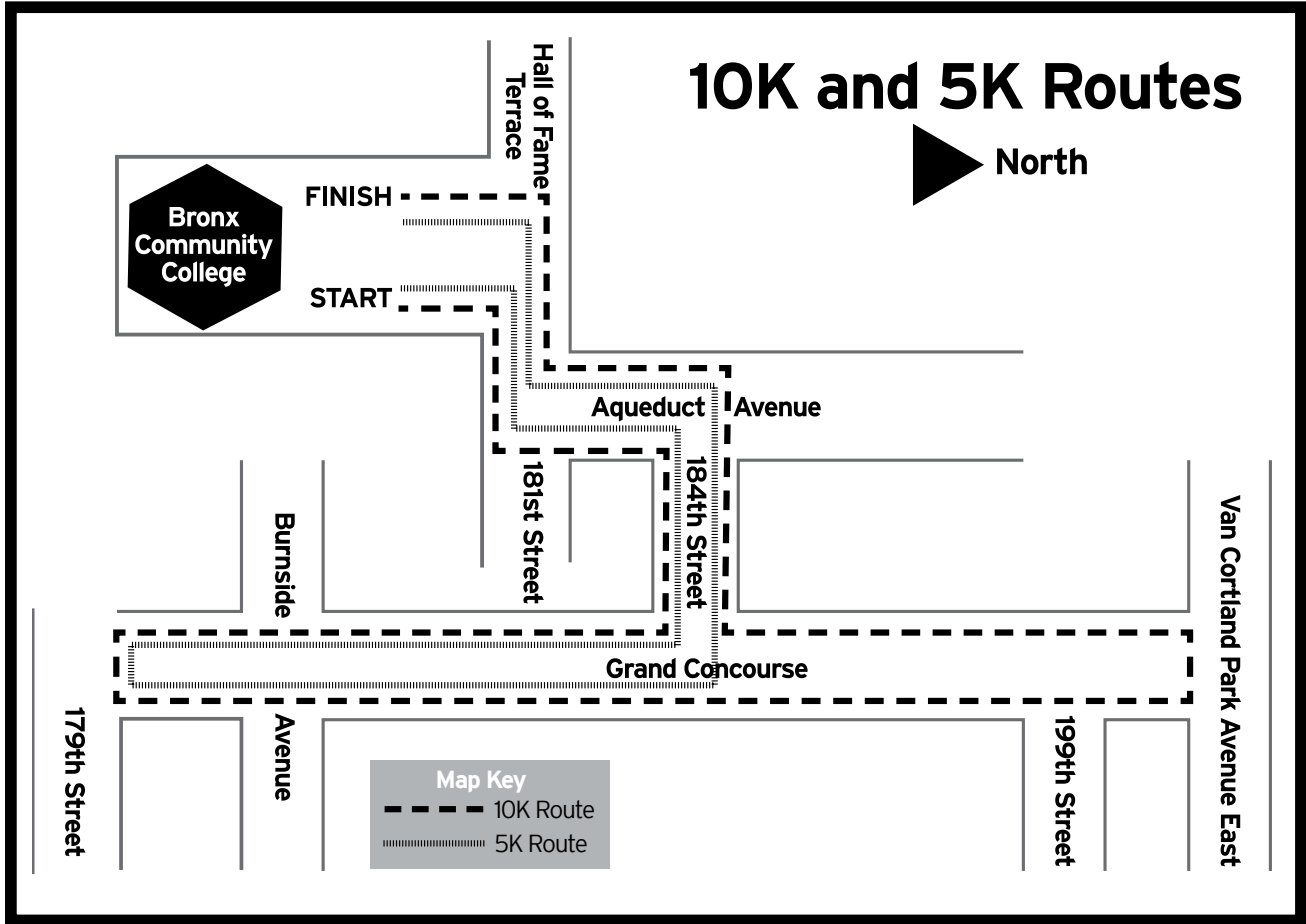
Phone: Date of Birth:

Email:

Event (pick one): 2-Mile Fitness Walk 5K Run 10K Run

BCC Student (currently enrolled) BCC Alumni BCC Faculty/Staff

Elementary, Intermediate or High School Other



Course subject to change due to construction. Please see www.bcc.cuny.edu/10krace for the most up-to-date information.

TRAVEL DIRECTIONS

Subway:
#4 IRT train to Burnside Avenue
#1 IRT train to 207th Street (then take the
#12 Bus to University Avenue)

Bus:
#3 University Avenue
#40 Tremont Avenue Crosstown
#36 180th Street Crosstown
#12 Fordham Road Crosstown; Transfer to #3

Car:
179th Street Exit of Major Deegan Expressway
(NORTH ONLY)
Fordham Road Exit of Major Deegan Expressway
(SOUTH ONLY)

AMENITIES
• Free Parking on Campus
• Refreshments after race
• Restrooms

10K & 5K TROPHIES
Age categories for 5K and 10K winners
1st, 2nd & 3rd place trophies in each category for 10K
1st & 2nd place trophies in each category for 5K
Post race results and awards ceremony
No duplication of awards

Male and Female
14 & under 15-19 years 20-29 years 30-39 years
40-49 years 50-59 years 60-69 years 70 + up
BCC Alumni Winner - 1st place male & female
BCC Student - 1st place male & female
BCC Faculty/Staff - 1st place male & female
Veterans
Teams

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against The City University of New York, Bronx Community College, the City of New York, any other co-sponsors, and their representatives, successors, and assigns for any and all injuries by me in said event. I attest and verify that I will participate in this event as a footrace, assuming all risks, and 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, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant Signature

Date

If under 18, signature of parent or legal guardian

Print Name

Mail to:
Bronx Community College
2155 University Avenue
Philosophy Hall - Room 35
Bronx, NY 10453

Cash or check payable to: Bronx Community College 10K

Register Online: www.bcc.cuny.edu/10krun NY CHARITIES