



34th Annual 10K & 5K Runs
 The Michael Steuerman 2 Mile Fitness Walk
 Professional timing by ELITE RACING SYSTEMS

10 a.m. Saturday, May 5, 2012
 Rain or Shine

FREE Long-sleeve T-shirts for first 300 registrants
 Portion of proceeds to benefit the Steuerman Scholarship Fund.

Register ONLINE
www.bcc.cuny.edu/10krace

Run for Fun, Fitness & Health

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

When:	• 10 a.m. - 10K, 5K & 2 Mile Fitness Walk Start
Where:	• 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: \$20 (no special rates on race day)
Deadline:	• Pre-entries must be received by Friday, April 27, 2012
10K Awards:	<ul style="list-style-type: none"> • 1st place male and female overall: NOOK Tablet™ • 2nd place male and female overall: NOOK Color™ • 1st, 2nd and 3rd place trophies in all age categories
5K Awards:	<ul style="list-style-type: none"> • 1st place male and female overall: NOOK Color™ • 2nd place male and female overall: NOOK™ • 1st and 2nd 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) • Long-sleeve t-shirts for first 300 registrants • Certificate for all entrants • No duplication of awards
Information:	<ul style="list-style-type: none"> • Call 10K Hot Line 718.289.5989; 718.289.5145 go to www.bcc.cuny.edu/10krace

ENTRY FORM: All entries must be signed on reverse side

Name: Last First Sex: M F Age:

Address: Street Apt# City State Zip Code

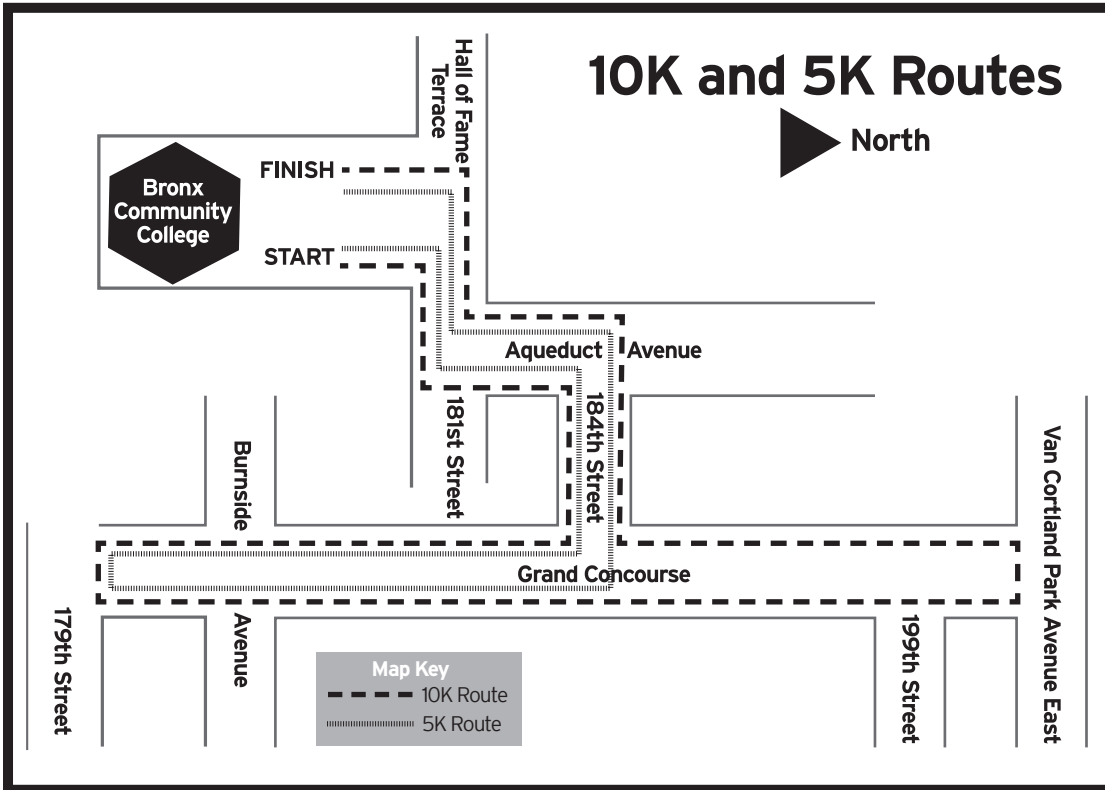
Phone: Date of Birth:

Email:

Event (pick one): 2-Mile Fitness Walk 5K Run 10K Run T-shirt Size: M L XL

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

Elementary, Intermediate or High School



Sponsored in part by:



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

BRONX COMMUNITY COLLEGE

Dr. Carole M. Berotte Joseph, President
Department of Health, Physical Education and Wellness
Office of Institutional Advancement
Department of Student Development
Department of Public Safety
Office of Communications and Marketing
Administrative & Events Management Services

RACE COORDINATOR: Eric Mercado

HONORARY CHAIRS

Congressman José E. Serrano
NY State Senator José M. Serrano

Community Board #5
New York City Police Department
New York City Dept. of Sanitation
New York City Dept. of Highways
New York City Dept. of Parks & Recreation

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.

Signature _____ Date _____

If under 18, signature of parent or legal guardian _____

Mail to:
Bronx Community College
2155 University Avenue
Language Hall - 16
Bronx, NY 10453

Cash or checks payable to: Bronx Community College 10K

Register Online: www.bcc.cuny.edu/10krace **PayPal**