



Rockville Centre

5K Run and 1 Mile Family Fun Run

Sponsored by RVC Recreation Department and the RVC Chamber of Commerce

SATURDAY, NOVEMBER 13, 2021 (Rain or Shine)

1 Mile Fun Run at 8:30am sharp ~ **5K (3.1 miles)** at 9:30am sharp

Fun Run – starts on Front Street, rear of LIRR Station

5K – starts on Front Street, between N. Village and Centre Avenues

ENTRY FEES

FUN RUN: \$10 per person

**5K RUN: \$25 per person early-registration on or before Nov. 1
 (5K entry includes Fun Run)**

Late Registration \$30 for 5K after Nov. 1

**Senior rate (60 and over) at all times 5K - \$15 per person
 RAIN OR SHINE ~ No Refunds**

Register online at rockvillecentre.recdesk.com



Payment by cash,
check (Inc. Village of
RVC), MC or Visa

FREE bag drop
at start line

Our 42nd Year!

No baby joggers, strollers, bicycles, skates, rollerblades, pets in all races – no exceptions!

Course Timed by Finish Line Road Race Technicians using Chronotrack Timing Technology
 Certified/Sanctioned by DAVID KATZ ~ One loop course through the Village of Rockville Centre FAST AND FLAT
Mr. Katz was the official race course measurer for Rio, London and Tokyo Olympics!

Course measured and timed by:

FINISH LINE ROAD RACE TECHNICIANS
www.FLRR.com SPLIT TIME EVERY MILE ~ WATER STOP

2019 Winners:

MALE OVERALL 5K & RVC 5K - BRIAN O'GORMAN 16:28
 FEMALE OVERALL - NDIRA AVILA 18:23
 FEMALE RVC 5k - TIFFANY STACK 21:25

Visit tinyurl.com/rvc5k for course map

AGE CATEGORIES

14 & under, 15-19, 20-24, 25-29, 30-34,
 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
 70-74, 75-79, 80 & OVER AND WHEELCHAIR EVENTS
 AWARDS: FAMILY FUN RUN ~ TROPHIES for age 12 & under
 5K RUN ~ AWARDS IN ALL AGE DIVISIONS
REFRESHMENTS: Water, oranges, etc. for racers

Early-registration by Nov. 1, 2021. **Online registration via RecDesk ends on Nov 12, 4pm sharp.** In-person registration on the day of the race is from 7:00 to 9:00am at the RVC Village Hall, 1 College Pl. across from St. Agnes Cathedral.

Cash or check only for day of registrations.

No runner will be checked in or numbers issued after 9:00am on Nov. 13

Shirt pick-up on Thursday Nov. 11 4pm-9pm and Friday Nov. 12 9am-5pm at the Recreation Center, 111 N. Oceanside Road, RVC 11570.