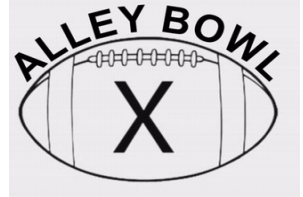


**ALLEY POND STRIDERS: ALLEY BOWL X - First Decade Race!**  
**THREE PERSON X 1-MILE**  
**FOOTBALL RELAY**



**February 2, 2020**  
**RAIN, SNOW OR SHINE**  
**POST RACE TAILGATE PARTY!**



**GAME SCHEDULE**  
**Pre-Game Signup and Draft\* 9:00 am**  
**Kickoff 9:30 am**  
**Rain, Snow or Shine**  
**Kids Touchdown Dash 10:15am**

**Eligibility:** Three person x 1-mile relay race where you will toss a football to advance your team. This event is open to all Runners, Joggers and Walkers 10 years old and over.

**Course:** A fun 1-mile loop through beautiful Alley Pond Park. At the completion of each one mile loop, each player (runner) will toss a football in the specified zone to the next player on their team to run the next one mile loop. Each team will get to keep their football! The course is accurately measured. Lavatory and Dressing facilities available.

**Registration (Pre-Game):** Day of Race Registration ONLY will be held at the Alley Pond Park Springfield Blvd and 76th Avenue Park area from 8:00 to 9:15 am.

**ENTRY FEE:** Alley Bowl Relay: \$45 (that's only \$15 per runner). PRE-REGISTRATION AVAILABLE BY MAIL (due on or before January 30); \$35 (save over \$3 per runner!). \*PRE-GAME DRAFT: IF you don't have team, come anyway as a free agent and we will help you get drafted by a team!

**THIS IS A NO FRILLS RACE!** There are NO tee-shirts and no big sponsors, but there are fun prizes.

**RACE IS LIMITED TO 50 TEAMS!**

**Pre-Game Registration ends at 9:15 am for the relay.**

**Kickoff for the relay will be at 9:30 am.**

**Kids Touchdown Dash at 10:15am is a 50-yard dash for kids 10 and under. Registration for the dash is just \$1!**

**Awards:** FIRST THREE OVERALL TEAMS receive a BIG GAME MUNCHIE BASKET. BUT, don't worry if you don't win, all teams get to keep their football and we will have some cool raffles!!! **COSTUME AWARD:** first team crossing finish with ALL three teammates wearing football jerseys win a gift basket!

**Directions:** Alley Pond Park (Springfield), Bayside in Northeast Queens. Registration and race start is located on Springfield Boulevard and 76th Avenue north of Union Turnpike. From Northern State/GCP westbound: Exit 23. Turn right onto Union Turnpike to Springfield Blvd. Turn right onto Springfield Blvd. Turn right on 76th Avenue, park on left. From GCP eastbound: Exit 23. Follow signs to Winchester Blvd. Turn right at the stop sign. Continue south to Union Turnpike. Make right onto Union Turnpike to Springfield Blvd. From Springfield Blvd. turn right onto 76th Avenue, park on left.

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running 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 your accepting application, I for myself and anyone entitled to act on my behalf, waive and release Road Runners Club of America, TAC, the City of New York, Department of Parks and Recreation, Track & Field USA, the Alley Pond Striders, Inc., MAC and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

**TEAM NAME:**

**BIB NUMBER (assigned race day):**

Team Captain (runner #1): Signature and address

Running Back (runner #2): Signature

Tailback (runner #3): Signature

City or Town

State

ZIP Code

Area Code

Phone Number






E-Mail Address

**Pre-register (\$35) by mail on or before January 30, 2020. Make checks payable to:**

**ALLEY POND STRIDERS: 251-04 Shiloh Avenue, Bellerose, NY 11426**