

20th Annual Catskill Mountain Road Relay

Sunday, August 11, 2013

6:00 - 8:00 am start times assigned by ability

Sponsored by
the **Sullivan Striders** and FastFinishes.net

Create a SuperTeam! Ten people, each running a 10KM leg of this relay, can do this fun race together! Or have 5 people each run 20km!

Run relay-style along riverside roads through the mountains and valleys of the Catskill Forest Preserve to complete the spectacular 100KM (62 mile) scenic course.

- Rave reviews given by past participants!
- 100KM CMRR shirts to teams registered by Aug 1
- Showers and pool available for use after race
- Awards at Davis Park in West Shokan at finish
- RRCA sanctioned
- Start times of 6:00 to 8:00 AM will be assigned: Faster teams start at 8:00
- Entry fee: \$30 per runner postmarked by Aug 5
- Entries close on Aug 5

Detailed race website: www.sullivanstriders.org/cmrr.htm

E-mail: Mark@fastfinishes.net

This race is part of the **King & Queen of the Mountains Series**. See website above.

Early March- CelebrateLifeHalfMarathon

LateMarch- WurtsboroMountain 30K Road Run

MidAugust - 100K CMRR

LATE APRIL- HUDSONVALLEY 15K

LateSeptember- RoosaGapRollerCoaster(11.50 miles)

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Awards to the top teams in the following categories. Greater depth of awards in categories with more teams.

Check a Category:

5 persons or less on a team:

- ☐ All female
- ☐ Open (any age, either sex)
- ☐ Mixed; females run at least 4 of the legs
- ☐ Masters (all runners age 40 or older)

6 - 10 person team category:

- ☐ Superteam (6 - 10 persons)

(Scored Separately from 5 person team race)

SHIRTSIZES FOR YOUR TEAM:

Mens:

___ sm ___ med ___ large ___ xlarge

Women's (v-cut):

___ sm ___ med ___ large ___ xlarge

Make check out to **FastFinishes**. Send with entry to: 682 Masthope Plank Road, Lackawaxen PA 18435.

Team Name: _____

Team Captain: _____

Address: _____

Phone: _____

Email Address: _____

Average 10km timer per teammate: _____ minutes.

Use team members best 10km times of the past year.

A Final Team Roster will be submitted on race day with signatures and contact info for all team members.