

Mountindale to Woodridge
5th O & W Rails to Trails Race
4 Mile Run/ 2 Mile Walk
Sunday, July 26, 2015-- 9:00 A.M.

Go back in time and race along the scenic, railroad beds of yesteryear. These railroad beds have been converted into a beautiful trail between Mountindale and Woodridge, NY. Course is a flat, out and back competitive 4 mile run and 2 mile walk. Proceeds to benefit projects along the rail trail. Runner awards to overall male and female and individual age groups. Walker awards to first 5 finishers. Pre-registration is highly recommended.

Please complete entry form, read the statement below, sign application and mail along with payment to:
Sullivan Striders Walking and Running Club, Rails to Trail Race, PO Box 702, Rock Hill, NY 12775-0702

Print Clearly:

Name: _____ 2 Mile WALK ____ 4 Mile RUN ____

Male: _____ Female: _____ Date of Birth: _____ Age (race day) _____

Address: _____ City: _____

State: _____ Zip code: _____ Phone: _____

E-mail address: _____

***T-Shirt size: (SM)_____ (M)_____ (L)_____ (XL)_____ (XXL)_____

*** Limited to the first 75 pre-registered Walkers and Runners

Payment Information:

Pre-Registration	\$20.00	Cash _____	Check _____	(cutoff date is July 23, 2015)
Race day Registration	\$25.00	Cash _____	Check _____	

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 all rights and claims I may have against the Town of Fallsburg, the O & W Rails to Trails Race, The Sullivan Striders Walking and Running Club, their representatives, any and all sponsors, successors, assignors, employees, volunteers & members. I will participate in this event as a foot entrant. I am physically fit and have sufficiently trained for the completion of this event, whichever I hereby apply for or both, if I so choose. 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, video (tapes), motion pictures, recordings, or any other record of this event for legitimate purpose. Earphones/headphones are not permitted by RRCA insurance rules.

Signature (if a minor child, legal guardian must sign form)

Date

For more information contact: Allen Frishman, race chairperson @ mtdaleboy@gmail.com
Maryann Manza, race coordinator @ maremanza@gmail.com
Or call 845-313-2560

Race day registration begins at 7:30 A.M. at the Mountindale Fire House, Mountindale Road, Mountindale, NY 12763. Race start time is 9:00 A.M., behind firehouse at trail entrance.

Directions to Mountindale Fire House:

- From Middletown area, take Route 17 (I-86) west to Exit 112, Wurtsboro/Masten Lake. Make a left off exit then another left onto Wurtsboro Mtn. Rd. Travel approx. 1.2 miles, make a right turn at County Road 56 and follow road to Mountindale, approx. 7 miles. At stop light make a right turn and follow into Mountindale, approx. 2/10th of a mile. Firehouse is on left hand side. Parking around corner in lot behind firehouse. Look for race day signs.
- From Monticello/Liberty area, take Route 17 (I-86) east to exit 109, Rock Hill. Make a left at stop sign onto Katrina Falls Road. Go 2/10th of a mile, turn left onto Rock Hill Drive, then a quick right onto Glen Wild Road. Go approx. 6 miles, make a right at stop light in Woodridge and proceed to Mountindale, approx. 2 miles. Firehouse on left hand side. Parking around corner in lot behind firehouse. Look for race day signs.

On-Line registration at: www.register.eagletiming.com

Visit us at: www.sullivanstriders.org