

New Paltz Summer Cross Country Series 2013

CHILDREN'S ½ and 1 Mile Races

ADULT RACES FROM 3 to 4.7 Miles

Spectacular Scenic Courses Carriage Trails

KIDS START AT 7 PM; ADULTS IMMEDIATELY FOLLOWING

Monday, July 8: Mohonk Preserve "Undercliff/Overcliff": 4.7 miles; start at metal bridge-parking at West Trapps Trailhead/Mohonk Preserve, Rte 44/55- directions available at www.mohonkpreserve.org.

Monday, July 15: Mohonk Preserve "Lou's Run"; 4 plus miles on single track and carriage paths, fast finish; parking at Spring Farm Trailhead/Mohonk Preserve, directions available at www.mohonkpreserve.org.

Monday, July 22: Entry to Park is \$8.00 Minnewaska State Park Preserve "Patterson's Pellet"; 3 miles; start at lake, out and back on Millbrook Trail.

Monday, July 29: Entry to Park is \$8.00. Minnewaska State Park Preserve "Blueberry Run" ; 4 plus miles; start at lake, around lake and over old golf course. Blueberries Galore!!

Monday, August 5: Awards and Fun Run, New Paltz Rail Trail. Park at Old Dutch Reformed Church, Huguenot Street, New Paltz, Ny

This event is sanctioned by USA Track and Field.

Registration starts at 6 p.m. each evening. **Fees for Series: Family \$30.00, Individual Adult \$20.00; Kids, High school and college runners \$10.00. Fee per night: adult \$7.00; kids, \$4.00.** Make checks payable to Shawangunk Runners *mail to Beth Glace at 501 Swartekill Rd, New Paltz, NY 12561.* Beth (days): 212-434-2717 or 917-690-5250 (eves) **ONLINE REGISTRATION** for whole series will be at www.zippyreg.com/online_reg/registration.php?eventID=294 New this year Rock and Snow in New Paltz will give all entrants a 20% discount coupon for their shop and award the overall winners of the series running shoes

AWARDS Top age group finishers in each race will score 6 points; points will be awarded in descending order (5,4,3,2); all finishers will score at least 1 point each race. Highest totals win at end of series. All finishers scoring at least 4 points will receive hand made ceramic awards. In consideration of accepting this entry, I, intending to be legally bound for myself, heirs, New Paltz, Smiley Bos. [DBA Mohonk Mountain House], Mohonk Preserve Inc, the People of the State of NY, NY State Executive Department, Office of Parks, Recreation and Historic Preservation, Palisades Inter State Park Commission, their Commissioners, officers, agents, and employees, the Reformed Church, the Wallkill Valley Rail Trail Association, and the Village of New Paltz for any and all injuries suffered by me in this event. I attest and verify that I am physically fit and have trained sufficiently for this event. I understand that the carriage roads are mainly shale surfaced and moderate in grade and present varying degrees of difficulty, and that they may parallel cliffs and other natural hazards.

NAME _____ PHONE _____ SEX _____ Date of Birth _____

ADDRESS _____

Email address _____

SIGNATURE _____ PARENT IF MINOR _____ Date _____