

JOSH FELDT / AFTER THE LEAVES HAVE FALLEN

20 K Trail Race

Sponsored by the *Shawangunk Runners* and *Minnewaska State Park Preserve*
Spectacular Scenic Course on Dirt Carriage Trails

11 a.m. Sunday, November 13, 2011

Where? Minnewaska State Park, Route 44/55, New Paltz, NY.

Course? New course post Irene trail damage but should include Lk Minne, UpperAwosting, Castle Rock, and another loop around Lk Minne

Registration? starts at 9:30 am. Pre-Registration fee is \$12; Day-of fee is \$15. Make checks payable to **Shawangunk Runners**, and mail to Steve Schallenkamp at 33 Emerson St, Kingston NY, 12401. The State Park charges a \$8 fee per car.

Directions? Exit 18 off the NY State Thruway. Make left onto Route 299 and follow to intersection with Route 44/55. Make right onto 44/55; continue approx. 5 miles to Minnewaska State Park, on left.

More information? Steve (eves) at 845-339-5474. Results will be posted at www.shawangunkrunners.org. This race is sanctioned by USA Track and Field.

In consideration of accepting this entry, I, intending to be legally bound for myself, heirs, administrators and executors waive and release any and all rights and claims for damages I may have against the organizers, sponsors and the Shawangunk Runners, 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 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, ravines and other natural hazards**.

NAME _____ PHONE _____ SEX _____ AGE _____

ADDRESS _____ DATE _____

SIGNATURE _____

(PARENT or Guradian, IF MINOR)