

New Paltz Summer Cross Country Series

Children's ½ and 1 Mile Races Adult Races from 3 to 4.7 Miles

Spectacular Scenic Courses Carriage Trails

KIDS START AT 6:30 pm, ADULTS at 7:00 pm

Monday, July 11: Mohonk Preserve "Undercliff/Overcliff": 4.7 miles; start at metal bridge, Rte 44/55.

Monday, July 18: Mohonk Preserve "Lou's Run"; 4 plus miles on single track and carriage paths, fast finish; start at Spring Farm trail head, Mountain Rest Road.

Monday, July 25: IMPORTANT Entry to park is \$8.00 Minnewaska State Park "Patterson's Pellet"; 3 miles; start at lake, out and back on Millbrook Trail.

Monday, August 1: IMPORTANT Entry to park is \$8.00. Minnewaska State Park "Blueberry Run" ; 4 plus miles; start at lake, around lake and over old golf course. Blueberries Galore!!

Monday, August 8: Awards and Fun Relay, New Paltz Rail Trail. Park at Reformed Church, Huguenot Street, registration is at church.

This event or race is sanctioned by USA Track and Field.

Registration starts at 6 pm 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).

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, 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 _____

ADDRESS _____

PHONE _____ SEX _____ AGE _____ DATE _____

SIGNATURE _____

(PARENT OR GUARDIAN IF MINOR)