

**909 TRAMPING THE PERIMETER 1/2 MARATHON AND 4.2 MILER**  
**WHEELED COURSE**  
**SATURDAY JULY 11TH 2015**  
**START TIME FOR BOTH 8AM**

ROUGH, WINDY, ROCKY TERRAIN, MOSTLY SINGLE TRACK TECHNICAL  
TRAILS COME CHALLENGE YOURSELF

1/2 MARATHON PRE-REGISTERED POSTMARKED 6/20/15 \$30. THERE AFTER \$45

4.2 MILER PRE-REGISTERED POSTMARKED 6/20/15 \$20. THERE AFTER \$35

MAKE CHEQUES PAYABLE TO S & J TRAIL RUNNING: send to

Sheryl Wheeler at 18 Fourth Ave. , Rhinebeck, N.Y. 12572

- \*\* FIRST 50 PRE-REGISTERED RUNNERS IN EACH RACE RECEIVE A STARTER GIFT\*\*  
PRIZES FOR OVERALL MALE, FEMALE  
MASTERS 40+ MALE, FEMALE  
MEDALS FOR ALL FINISHERS

REFRESHMENTS FOLLOWING THE RACES FOR ALL REGISTERED RUNNERS

RESTRICTIONS: NO DOGS, NO STROLLERS

DIRECTIONS: TACONIC STATE PARKWAY (TSP) FROM NORTH - 2 MILES SOUTH OF RT 44 LEFT

ON TYRELL RD, FOLLOW ABOUT A MILE TO PARK. FROM SOUTH TSP 5 1/2 MILES NORTH OF RT 55 TYRELL RD ON  
RIGHT FOLLOW ABOUT A MILE TO PARK ANY QUESTIONS FEEL FREE TO CONTACT JENNY [hollt71@aol.com](mailto:hollt71@aol.com) or

SHERYL [danwheeler57@hotmail.com](mailto:danwheeler57@hotmail.com)

FOR 1/2 MARATHON - IF YOU ANTICIPATE TAKING 3HR + PLEASE LET US KNOW, AND  
COME EARLY TO SELF TIME - THIS IS A HARD TRAIL 1/2 MARATHON!! WE ENCOURAGE  
CAR POOLING - SPACE IS LIMITED. THERE WILL BE 2 MANNED WATER STOPS 1  
UNMANNED.----no refunds. - exchange of entrant at race directors discretion up to 6/30/15

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NAME: \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

WAIVER AND RELEASE I understand that running and trail running are a potentially hazardous activity. I the undersigned intending to be legally bound for myself, for anyone else I am registering, heirs, executors, and administrators waive and release any and all claims against S & J Trail Running, the town of Pleasant Valley and LaGrange, The People of The State of New York, The NYSDEC and its officers and employees, and any volunteers or organizers of the race. I certify that I am physically fit, and sufficiently trained for this event, I also understand that the course will be open to the public during the race as well as other risks, including but not limited to, falls, contact with other participants and the conditions of the course. I also release my rights to any photos, video, images, etc taken of me during this event.\*if under 18yrs old legal guardian must sign on behalf of

SIGNATURE: \_\_\_\_\_ DATE \_\_\_\_\_