

909 TRAMPING THE PERIMETER

Half-Marathon and 5-mile Trail Races

909 Taconic Hereford Multi Use Area, Pleasant Valley NY

Saturday June 16, 2018

8 am Start Time for both

Single Track Technical Winding Trails Rough, Roots, and Rocks guaranteed
Come for the Challenge – Leave with Great Memories; Come Challenge Yourself

Half Marathon \$30 if pre-register (\$40 on Race Day)

5 Miler \$20 if pre-register (\$30 on Race Day)

Online Registration at UltraSignup.com available until May 30 midnight

Search "909 Tramping" and also find us on FaceBook !!

Mail-In Pre Registration MUST be received by May 25 2018

T-Shirts Guaranteed to ALL entrants that Pre-Register by May 25 (either Online or Paper)

Any Questions Please Email

JENNY hollt71@aol.com or SHERYL danwheeler57@hotmail.com

Mail-In Registration: Make Checks Payable to **S & J Trail Running** and mail to:

Sheryl Wheeler 18 Fourth Ave Rhinebeck, NY 12572

3 Manned Water Stops along the Half-M Course

Course will be Clearly Marked at All Turns and Confidence Markers

Prizes for each distance for Overall 1st Male and Female; 1st Masters Male and Female

Refreshments and Snacks following the Races

RESTRICTIONS: NO DOGS and NO STROLLERS

Directions: Taconic Pkwy from North – 2 miles south of Rt 44 make Left on Tyrell Rd

Taconic Pkwy from South – 5.5 miles north of Rt 44 make right on Tyrell Rd

You MUST enter Tyrell Rd from Taconic – there is no other access

Follow Tyrell Rd 1 mile east of Taconic to parking on N Side of 909 Taconic Hereford Multiple Use Area

GPS Location of Start 41.74675, -73.76024

For Half Marathon, if you plan on taking 5 hrs+, please let us know and we will give you an early start (with permission only please, so we can properly track your time) - This is a Hard Trail Half-M

We encourage Car Pooling, Parking Space is Limited

NO REFUNDS AT ALL. Possible Exchange of Entrant with Additional Fee at RD Discretion

NAME:	AGE ON RACE DAY:	DOB:	Sex M F
PHONE:	EMAIL:		
ADDRESS:			
CITY:	STATE:	ZIP:	
Which Race (please circle) Half Marathon 5 Mile			
T-Shirt Size (please circle) M / F Small Med Large XL			

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 the people of the State of New York and the New York State Department of Environmental Conservation, its officers and employees, S & J Trail Running the town of Pleasant Valley and LaGrange, 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 legal guardian must sign on behalf of.

SIGNATURE:

DATE: