

5th ANNUAL NORTHERN NIPMUCK TRAIL RACE

16 Miles of Hills & Hollows

Date: Saturday April 10, 2004
Start: Bigelow Hollow State Park in Union, CT. (Take I-84 to Rt 190 to Rt 171)
Start Time: 10:00 AM
Contacts: Rob Whalen (days) 860-684-0030 or Jim Campiformio 860-429-0582

Entry:
 The entry fee is \$15.00 prior to April 5th and includes T-shirts or mugs for the first 50 pre-entrants. Entries received after April 5th will be \$20.00. Check-in and post race entry will start at 8:30 AM.
 Please make checks payable to: Robert Whalen – NN Trail Race.
 Send entry to NN Trail Race c/o Rob Whalen, P.O. BOX 289, Willington CT 06279
 (Note: You must be at least 16 years old to run in this race)

Course Description:
 The course starts at the Nipmuck Trail & Rt. 171 junction just opposite the Bigelow State Park entrance. The course runs 8 miles south on the Nipmuck Trail to Boston Hollow Road in Ashford (the northernmost point of Nipmuck Marathon) and returns on the same trail. The terrain is constantly rolling, and although there are no monster hills, there are enough steep sections to test your anaerobic capacity. The total vertical gain over the 16 miles is approximately 3,200 feet. The footing is usually decent, but there are some steep, rocky sections that demand caution. If it has rained recently, expect to get your feet wet in several of the low-lying areas. Snow and ice may be present on the course at this time of year. Water and electrolyte replacement will be provided at three aid stations over the entire course. You'll never be more than 4 miles from an aid station, but a single water bottle carrier is recommended.

NOTE: As in most trail races there is a risk of injury (or worse) on this course. There are common hazards such as, but not limited to, roots, rocks, holes, etc. Getting lost is also a distinct possibility.

Amenities:
 Post race refreshments available for all entrants

Awards:
 Awards will be presented to the top male and female finishers.



LAST NAME			BIB#
FIRST NAME		OFFICIAL USE	
AGE ON: 05/10		BIRTHDATE	
		MONTH	
		DAY	
		YEAR	
		SEX	
		SHIRT SIZE	
ADDRESS			
CITY		STATE	
		ZIP	

Waiver: In consideration of your accepting my entry, I agree to be legally bound, hereby myself, my heirs and my executors, waive and release any persons, sponsors, or organizations involved with the Northern Nipmuck Trail Race. This includes, but is not limited to the organizers, the State of CT., the towns of Union and Ashford, and all private landowners. I acknowledge that trail running in general can be hazardous and I am willing to accept the risks. I further attest that I am sufficiently trained and fit for this event. I am assuming any and all risks that may occur with this race.

Signature: _____ **Date:** _____

Guardian: _____ **Date:** _____ (for Minors 16-17 years old)