

New Paltz Summer Cross Country Series

Children's _ and 1 Mile Races

Adult Races from 3 to 4.7 Miles

Spectacular Scenic Courses

Carriage Trails

KIDS START AT 7 PM; ADULTS IMMEDIATELY FOLLOWING

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

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

Monday, July 25: Minnewaska State Park "Patterson's Pellet"; 3 miles; start at lake, out and back on Millbrook Trail.

Monday, August 1: Minnewaska State Park "Blueberry Run" ; 4 miles; start at lake, around lake and over old golf course. Blueberries Galore!!

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

results will be posted on the shawangunk runners website: www.runthegunks.com this race is sanctioned by usa track and field

Registration starts at 6 pm each evening. Family Fee for series is \$15.00. Individual Fee for series is \$12.00. Fee per night per individual is \$5.00. Make checks payable

Kevin Roach, and mail to *Beth Glace* at 11 Countryman Lane, Accord, NY 12404. Beth (days): 212-434-2717; Anne (eves) 845-331-4801.

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. Hi 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 New York, 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 and other natural hazards.

NAME _____ PHONE _____ SEX _____ AGE _____

ADDRESS _____ DATE _____

SIGNATURE _____ PARENT IF MINOR _____