



Saturday April 2, 2016 9:00am.

Start & Finish: Emma Chase School at 50 Pennsylvania Ave Wurtsboro, NY.

Accurate Course

Scenic, challenging single loop. First 3.5 miles is uphill, rest is downhill & rolling. Water and Gatorade aid stations every two miles; gels at mile 10. Mile splits marked. Competitive awards in age groups.

RELAY TEAMS! Teams may be made up of 3-6 runners/walkers! Do all or part of the race.

8:30 AM EARLY START AVAILABLE only for runners expecting to finish in 3hrs 30 min or more. Must be approved by Race Director.

Pre Reg \$32.00 Teams \$70

\$40.00 Race Day Teams \$80

Register online

ZippyReg.com

Sullivan Striders and ORC Members \$2.00 off.

Name: _____ Phone: _____

Address: _____ City: _____ ST: _____ Zip: _____

Date of Birth: _____ Age (Raceday): _____ Female: _____ Male: _____

e-mail: _____ Early Start Yes _____ No _____

Make checks payable to **SULLIVAN STRIDERS**

P.O. Box 702, Rock Hill, NY 12775

Contact Mac Thurston Mackie.thurston@gmail.com or

Christine Westerman (845) 235-3460 cwest845@gmail.com

I have full knowledge of the risks involved in running the Wurtsboro 30K. I am trained and fit to enter into the race and I do it on my own choice. I hereby release and forever discharge any and all rights and claims for damages which may be sustained or suffered by me against all sponsors, directors and supporters. Earphones are not permitted per RRCA insurance.

Signature: _____ **Date:** _____

Directions from the New York City area:

Take 17 West to exit 114 towards Highview/Wurtsboro. Turn left on Bloomingburg Mountain Rd/Mamakating Rd. Continue to follow CR 171.

Turn left on Pennsylvania Ave. Arrive at Emma Chase School on the right.

Directions from the Binghamton area: Take 17 East to exit #112. Turn left on Masten Lake Crossover. Turn right on County Road 172/Wurtsboro Mountain Rd and go about 2 miles. (the road will become Sullivan St./Woodland Trl.). Turn right on Pennsylvania Ave.

<http://sullivanstriders.org/30k.htm>