



Saturday March 31, 2012 9:00am.

Start & Finish: Emma Chase School off 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 over 3hrs 30 min or more. Must be approved by Race Director.

Entry Fees: \$32.00 Pre-Registration Register online at
 \$35.00 Race Day
 \$70.00 Relay Teams Pre-Registration
 \$75.00 Race Day
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 Myriam Loor (845)866-1345 myriamloor@hvc.rr.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.

Signature: _____ **Date:** _____

Directions from the New York City area:

Take 17 West to exit 114 towards Highview/Wurtsboro. Turn left on Bloomingburg Mountain 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/Fall Brk/Skinner Rd. and go about 2 miles. (the road will become Sullivan St./Woodland Trl.). Turn right on Pennsylvania Ave.