

46th New Paltz Summer Cross Country Series - 2019

Children's ½ and 1 Mile Races Adult Races from 3 to 4.7 Miles

Spectacularly Scenic Courses on Carriage Trails

REGISTRATION OPENS AT 6 PM; KIDS START AT 6:45 PM; ADULTS IMMEDIATELY FOLLOWING

Monday, July 8: Mohonk Preserve "Undercliff/Overcliff": 4.7 miles; start at metal bridge-parking at West Trapps Trailhead/Mohonk Preserve, Rte 44/55- directions available at www.mohonkpreserve.org.

Monday, July 15: Open Space Institutes River-to-Ridge Trail: 3 miles; start just across Springtown Road and run out the trail, loop around and come back. Park at the Huguenot Street Parking lot.

Monday, July 22: Williams Lake: ?? miles; Parking at Williams Lake in Rosendale, NY

Monday, July 30: Mohonk Preserve "Lou's Run"; 4 plus miles on single track and carriage paths, fast finish; parking at Spring Farm Trailhead/Mohonk Preserve, directions available at www.mohonkpreserve.org.

Monday, August 6: Awards and Fun Run, New Paltz Rail Trail. Garvan's Gastropub (215 Huguenot St, New Paltz, NY 12561)

FEES FOR SERIES: family \$40.00, individual adult \$30.00; child/high school/college runners \$10.00.* **FEES PER NIGHT:** adult \$15.00; kids \$5.00.*

* No fee for Shawangunk Runners Members (Please indicate below when registering)

REGISTRATION: Make checks payable to **Shawangunk Runners** and *mail to Christopher Regan, 7 Park Ave, Wappingers Falls, NY 12590.*

QUESTIONS: Beth (days): 212-434-2717 or 917-690-5250 (eves).

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. Highest totals win at end of series. All finishers scoring at least 4 points will receive handmade 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 NY, NY State Executive Department, Office of Parks, Recreation and Historic Preservation, Palisades Inter State Park Commission, their Commissioners, officers, agents, and employees, the Reformed Church, the Wallkill Valley Rail Trail Association, Open Space Institute, and the Village of New Paltz 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 _____ DATE OF BIRTH _____

ADDRESS _____

EMAIL _____ SHAWANGUNK RUNNER MEMBER YES / NO

SIGNATURE _____ PARENT IF MINOR _____ Date _____