



Saturday March 28, 2009 9:00am.

Start & Finish: Emma Chase School off at 50 Pennsylvania Ave Wurtsboro, NY.
USA Track & Field Certified #NY01046AM

Scenic, challenging single loop. One of only five certified 30K's in the Northeast United States. 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 30min or more. Must be approved by Race Director.

NEW LOWER PRICE!!!!

Entry Fees: \$25.00 postmarked by March 7th
 \$30.00 thereafter
 \$60.00 Relay Teams postmarked by March 7th
 \$65.00 Thereafter
Sullivan Striders Members \$2.00 off.



Name: _____ Phone: _____

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

Date of Birth: _____ Age (Raceday): _____ Female: _____ Male: _____ T-shirt S__ M__ L__ XL__
 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.