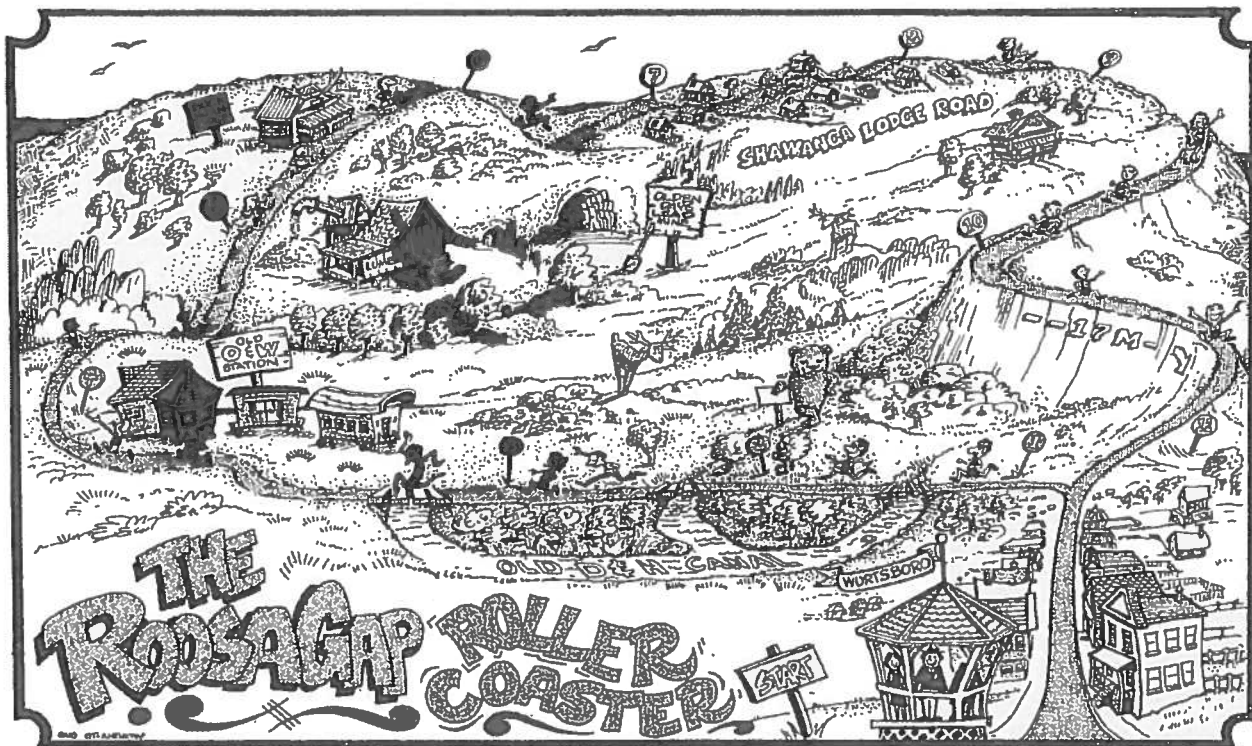


32nd ANNUAL ROOSA GAP ROLLER COASTER RUNS

Hosted by: Sullivan Striders Running Club & The Mamakating First Aid & Rescue Squad

11.5 Mile Foot Race, 5K Foot Race & Walk

Also: King & Queen of the Mountain Challenge Event & Grand Prix Series Event



Benefiting the Jerry Evans Memorial Scholarship

Sunday, September 29, 2013

**11.5 M-10:00A.M.
5K -11:00 A.M.**

11.5 MILE FOOT RACE

On SUNDAY, SEPT. 29, 2013 at 10A.M./5K Walk-Run at 11:00 A.M. The stage will be set for the THIRTY-SECOND ANNUAL WURTSBORO-MAMAKATING ROOSA GAP ROLLER COASTER RUN.

This year's start/finish is at the Ambulance Facility on Sullivan Street in Wurtsboro - then make a "mad dash" for 3,000 feet to the entrance of the old D & H Canal tow path, a historic stretch that is flat and fast, a stretch of trail that you will surely enjoy.

At the 4.3 mark fuel up with "high test" (aid station 1) and be ready to experience what "intestinal fortitude" really is.

The time has come to "attack" the Roosa Gap, an 800-foot vertical ascent over 1.9 miles. Catch your breath at the top, "re-fuel" (aid station #2) and start the roller coaster, all three miles of it.

Just past the 9-mile mark and aid station #3, get ready for the "big drop," a 2 mile downhill. Once you reach the valley, everyone will be waiting to cheer you on.

11.5 COURSE: Challenging, not for the beginner (see map above). Four aid stations, markers every mile, no split times, so bring your own watch.

5K FOOT RACE: Flat course, a scenic trail along the old D & H Canal.

CHECK-IN TIME: 8:00 TO 9:30 a.m. at Mamakatmg Ambulance

Race will start at 10:00 a.m./5K at 11:00 a.m.

AWARDS: Will be given to the winners as follows:

11.5 Mile Race & 5K Top 3 Overall Male & Female					5K Walkers
19 and under					All will receive metals
20-24	25-29	30-34	35-3g	40-44	45-49
50-54	55-59	60-64	65-6g	70 plus	

The William McNeil Trophy will be awarded to the oldest male or female runner to finish this 11.5 mile course.

PRE-ENTRY IS A FIRM \$20.00 (\$25.00 after September 20th). NO REFUNDS!

T-Shirts will be given to all Pre-Entrants (prior to September 20th.)

Additional donations will be directed to the Scholarship Fund.

Send check payable to Roosa Gap with the completed entry form to:

Roosa Gap, c/o Tom Ganz, 136 Lake Shore Drive East, Rock Hill, NY 12775.

For information call Tom at (845) 791-4864. Email: t_ganz@hotmail.com

www.sullivanstriders.org/roosa_gap.htm

NAME _____ MIF _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

RELEASE WAIVER AND ASSUMPTION OF RISK: In consideration of this entry acceptance, I realize that this race is an 11.5 mile trail run and/or a 5K foot race, through varied terrain and conditions. I further attest and verify that I am physically fit and have sufficiently trained for the completion of this difficult race and my physical condition has been verified by a licensed medical doctor (within the past year). I hereby, for myself my heirs, executors and administrators, waive any and all rights of claims for damages I may have against the Town of Mamakating, The Jerry Evans Memorial Scholarship Committee, Village of Wurtsboro, the County of Sullivan, the State of New York, Mamakating First Aid Squad Inc, Wurtsboro Fire Company, or any individual or individuals or sponsors associated with the above for any and all injuries sustained by me in this event.

PARENT'S SIGNATURE (if under 18) _____ DATE _____

SIGNATURE (Signature applies to Medical and Legal Waivers.) _____ DATE _____

WURTSBORO-MAMAKATING ROOSA GAP ROLLER COASTER BENEFIT RUN SUNDAY, SEPTEMBER 29, 2013 - 10 A.M.

Mail check or money order prior to September 20, 2012 for \$20.00 (no cash please) payable to ROOSA GAP and send to Roosa Gap, c/o Tom Ganz, 136 Lake Shore Drive East, Rock Hill, NY 12775. For info call Tom (845) 791-4864. Email: t_ganz@hotmail.com www.sullivanstriders.org/roosa_gap.htm

PLEASE CHECK ONE: Male Female
 11.5 Mile Race 5K Foot Race 5K Walk
T-Shirt Size S M L XL

Are you entered in the Grand Prix Series? Yes No

Amount sent: _____ Donation _____