



**Sunday March 24, 2013 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.

Pre Reg \$32.00 Teams \$70  
\$35.00 Race Day Teams \$75



**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](mailto: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.