

SYRACUSE CHARGERS TRACK CLUB
HIGHLAND FOREST 1-2-3 Trail Run
Saturday, 5/ 28 /11 8:30 am

The race begins at 8:30 am and consists of one, two, or three loops on marked trails in Highland Forest. The course covers 10, 20, or 30 miles, with climbs of 1380', 2760', or 4140' respectively.

Bring the family!! There will be a short trail run for the children.

WHERE: Highland Forest is located about 3 miles east of Fabius NY on Rte. 80; see directions. The races start and finish at the Community House just across the road from the parking lot. There is no fee for parking, but the Park welcomes donations.

WHEN: Arrive at the Community House (across from the parking lot) by 7:30 am for race-day registration or 8:00 am if pre-registered.

ENTRY FEE: \$10.00; \$15.00 after Monday, May 23; \$20.00 race day registration. The entry fee includes beverages and food during the race and soup, bread and refreshments after the race. Please pre-register. We would like to have a good estimation on the number of runners so we do not run out of food.

FOR INFORMATION: contact the Race Director, Mark Driscoll at (315)449-9615 after 7:00 pm; mdriscoll@mailbox.syr.edu

HIGHLAND FOREST 1-2-3 TRAIL RACE ENTRY FORM

Entry Fees: \$10.00, (\$15.00 after 5/24---\$20.00 race day 5/23)

Please make checks payable to "Syracuse Chargers Track Club, Inc." and mail entry to Mark Driscoll, 1112 Meadowbrook Drive, Syracuse, NY 13224.

Name: _____ Age (5/ 28 /11): _____ Birthdate: _____

Street: _____ Tel.: _____ Sex: _____

City, ST ZIP _____ Club affiliation _____

How many loops do you plan on running? (you may switch during the race): 1 _____ 2 _____ 3 _____

WARNING: It is possible to sprain ankles, break bones, and encounter wildlife and insects such as black flies and/or bees. Carry medication if you are allergic. Trail running requires agility of foot and the ability to keep one eye on the trail and the other on the blazes (markers). Some will get lost momentarily. If there are no blazes in front of you, go back. You may encounter vehicles on the dirt roads and at crossings.

TRAIL CONDITION: The course is about 95% on hiking trails and 5% dirt roads. The trail is well marked (blazes on trees, and turns are marked).

TIME CUT-OFFS: The time cut-off for beginning the second loop is 3 hours. Cut-off time for a third loop is 4.5 hours.

REST ROOMS: There are rest rooms in a separate building near the Community House. No shower facilities at the park.

REFRESHMENTS: Water, sports drink and food will be provided on the course and at the start/finish. After the run, enjoy soup, bread, water, and sports drink in the Community House or the outdoor pavilion.

DIRECTIONS: Highland Forest is located 14 miles east of I-81 on Rte. 80. Take I-81 to Tully (exit 14) go east on Rte. 80 for 14 miles to the sign for Highland Forest. Make a right onto the access road and go up the hill about a mile to the parking lot.

WAIVER: I know that running in a trail race is a potentially hazardous activity. I agree I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race official(s) relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and animals, the effects of weather (including high heat and/or humidity) and conditions of the trail, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Syracuse Chargers Track Club, Inc., Road Runners Club of America, Onondaga County and all of its companies, officers and/or employees, and all other sponsors or successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

(Parent or guardian's signature necessary if 17 years of age or younger)