New Paltz Summer Cross Country Series

Spectacularly Scenic Courses on Carriage Roads & Trails- Adults 3 to 4.7 mi; Kids 1/2or 1 m

KIDS START AT 7 PM ADULTS IMMEDIATELY FOLLOWING

Monday, July 7: 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 14: 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, July 21: Entry to Park is $8.00 Minnewaska State Park Preserve "Patterson's Pellet"; 3 miles; start at lake, out/back on Millbrook Trai

Monday, July 28:. Entry to Park is $8.00. Minnewaska State Park Preserve "Blueberry Run" ; 4 plus miles; start at lake and over old golf course

Monday, August 4: Awards and Fun Run, New Paltz Rail Trail. Park at Old Dutch Reformed Church, Huguenot Street, New Paltz, NY

SERIES FEE: Adult $20.00; Kids to College $10.00 **FAMILY MAXIMUM $30 FOR THE SERIES** **DAY OF RACE FEES: Adult $10.00 Kids to College**

REGISTRATION: **https://www.zippyreg.com** or On site 6:15 pm each week

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 each race. Highest totals win at end of series. **All finishers scoring at least 4 points will receive hand made ceramic awards.**

DETAILS: More details can be found at **http://shawangunkrunners.com/** or call Beth (days): 212-434-2717 or 917-690-5250 (eves).

NAME _____ SEX_____ DATE OF BIRTH_____ Adult Race ☐ Kids Race ☐

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Street _____Town_____State_____Zip_____

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 State Executive Department, Office of Parks, Recreation and Historic Preservation, Palisades Inter State Park Commission, their Commissioners, officers, agents, and employees, the Reforme Church, the Wallkill Valley Rail Trail Association, 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 suffic 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 natu hazards. SIGNATURE _____ PARENT IF MINOR _____ Date _____