

**909 TRAMPING THE PERIMETER**  
**1/2 MARATHON AND 5 MILER Wheeled Course**  
**SUNDAY JUNE 12TH 2016**  
**8.00AM START TIME FOR BOTH**

ROUGH, WINDY, ROCKY TERRAIN, MOSTLY SINGLE TRACK TECHNICAL TRAILS

COME CHALLENGE YOURSELF

1/2 MARATHON \$30 RACE DAY \$40

5 MILER \$20 RACE DAY \$30

ONLINE REGISTRATION AVAILABLE AT ULTRASIGNUP TILL JUNE 10TH 2016

MAILED IN PRE REGISTRATION CLOSES MAY 25TH 2016

TSHIRT TO ALL PRE REGISTERED RUNNERS ENTRY RECEIVED BY MAY 25TH 2016

MAKE CHEQUES PAYABLE TO S & J TRAIL RUNNING

MAIL TO SHERYL WHEELER

18 FOURTH AVE RHINEBECK NY 12572

PRIZES FOR OVERALL MALE, FEMALE

MASTERS 40+ MALE, FEMALE

REFRESHMENTS FOLLOWING THE RACES FOR ALL REGISTERED RUNNERS

NON RACERS CAN PURCHASE A MEAL FOR \$5

**RESTRICTIONS: NO DOGS, NO STROLLERS**

DIRECTIONS: TACONIC STATE PARKWAY (TSP) FROM NORTH - 2 MILES SOUTH OF RT 44 LEFT

ON TYRELL RD, FOLLOW ABOUT A MILE TO PARK. FROM SOUTH TSP 5 1/2 MILES NORTH OF

RT 55 TYRELL RD ON RIGHT FOLLOW ABOUT A MILE TO PARK

ANY QUESTIONS FEEL FREE TO CONTACT JENNY [hollt71@aol.com](mailto:hollt71@aol.com) or SHERYL

[danwheeler57@hotmail.com](mailto:danwheeler57@hotmail.com)

FOR 1/2 MARATHON - IF YOU ANTICIPATE TAKING 5HR + PLEASE LET US KNOW, AND COME  
EARLY TO SELF TIME - THIS IS A HARD TRAIL 1/2 MARATHON!! WE ENCOURAGE CAR POOLING -

SPACE IS LIMITED. THERE WILL BE 3 MANNED WATER STOPS

NO REFUNDS. EXCHANGE OF ENTRANT AT RACE DIRECTORS DISCRETION

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NAME: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ DOB: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

1/2 MARATHON \_\_\_\_\_ 5 MILER \_\_\_\_\_

T-SHIRTS: PLEASE CIRCLE M/F SMALL MEDIUM LARGE XLARGE

WAIVER AND RELEASE I understand that running and trail running are a potentially hazardous activity. I the undersigned intending to be legally bound for myself, for anyone else I am registering, heirs, executors, and administrators waive and release any and all claims against the people of the State of New York and the New York State Department of Environmental Conservation, its officers and employees, S & J Trail Running the town of Pleasant Valley and LaGrange, and any volunteers or organizers of the race. I certify that I am physically fit, and sufficiently trained for this event, I also understand that the course will be open to the public during the race as well as other risks, including but not limited to, falls, contact with other participants and the conditions of the course. I also release my rights to any photos, video, images, etc taken of me during this event.

If under 18yrs legal guardian must sign on behalf of.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

