

ALLEGANY

TRAIL RUN ADVENTURE RUN

Saturday
May 5th
2012

Allegany State Park Salamanca, NY

6K, 13K & 22K
Courses

Kick your trail running season into high gear at the Allegany Adventure Run!

3 Course distances to choose from in the beautiful rolling forest trails of Allegany State Park's Art Roscoe Trail System. Start/finish & Registration at the Summit Trail Head in the Red House area of the park. Rain or shine. Choose the course that best suits your fitness level featuring hundreds of feet of elevation changes on the wide rolling non-technical trails of the Art Roscoe Trail System. Sounds easy right!...he he he... Awards 3-deep in all age groups plus overall 22K M/F & Masters, post race cookout, party, great door prizes & snacks in an amazing wilderness setting.

Age groups M/F: 19 & under, 20-29, 30-39, 40-49, 50-59, 60+.

T-shirts to first 150 and as they last on race-day. *The 22K event is part of the Eastern Grip Trail Running Series.*



More information at www.heartrateup.com



Helping support the Allegany Nordic Ski Patrol and more!

Weekend camping/cabin rentals available: Contact Allegany State Park Red House area.

Rest up, You will thank yourself for this is no lazy stroll in the park...



Allegany Adventure Run 2012 Saturday, May 5th (pre-reg. deadline 4/28/12) add \$5 after.

6K \$20.00 10:00am start 13K \$25.00 9:45am start 22K \$ 30.00 9:30am start

LAST NAME _____ FIRST _____ MI. _____

STREET ADDRESS _____ CITY _____ STATE _____

ZIP _____ AGE _____ SEX _____ PHONE # _____ E-MAIL ADDRESS _____

S M L XL
SHIRT

EMERGENCY CONTACT _____ EMERGENCY CONTACT PHONE # _____

In consideration of your accepting this entry and permitting me to attend, volunteer or participate herein, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive release and forever discharge any and all rights and claims for damages I may now or in the future have against the Race Director(s), land owners, Parks, sponsors, volunteers, agents, members, other competitors or assigns, for any and all losses and injuries in association with this event.

Participant's Signature: _____ Date: _____

Parent/Guardian: I verify that I am the partnt or guardian of the minor, and I have the authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions states above.

Parent/Guardian Signature: _____ Date: _____

MAIL COMPLETED ENTRY FORMS WITH PAYMENT TO:
ENDURANCE AMERICA PO BOX 100 BOSTON, NY 14025
Checks payable to Endurance America