8 IN THE ROUGH TRAIL RUN

EASTERN GRIP TRAIL RUNNING SERIES WESTERN NEW YORK

montrail

Sunday, September 19th 2010 10AM
Sprague Brook Park - Glenwood, New York

8-Mile Trail Run held in the beautiful and challenging trails of Sprague Brook Park in Glenwood, NY (Rt. 240 just past Kissing Bridge Ski Resort). 1-lap gnarly course featuring single track woods trails, twisty climbs, descents and a few stream crossings. 2-water stations on course.

Registration/packet pickup at the casino building just inside the park from 8:30am on Race-day. Another great stop on the 2010 Eastern Grip Trail Running Series. T-shirts to first 175/as they last on race-day. USATF sanctioned. On-line entry available at Active.com

Complete information and course maps at www.heartrateup.com

Awards: Overall Male, Female & Masters Male/Female plus 3-deep in 10-year age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60+.

Post race party, playground, hiking, lunch & great door prizes after our last finisher.

80-meters in the rough Kids Race too! Free for all kids.

Helping support the SPCA

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8 in the Rough Trail Run 2010 - Sunday,Sept.19th 2010 10am $25.00 Entry Fee, no late fee.

Last Name | First | Mi.

Street Address | **Shirt**: XS SM M LG XL

Town/City | State | Zip

Sex | Age | Phone | E-Mail Address

Emergency Contact | Emergency Contact phone number

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 heris, 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 Music X-press, Race Director(s), the town of Glenwood, Erie County, Erie County Parks and/or 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 To: Music X-Press PO Box 37 Buffalo, NY 14240
Checks Payable to Music X-Press