

# 8 in the Rough TRAIL RUN



**Sunday, September 10<sup>th</sup> 2017 10AM**

Sprague Brook Park - Glenwood, New York

8.7-Mile & 6-Mile Trail Runs held in the beautiful and challenging trails of Sprague Brook Park in Glenwood, NY. 1-lap gnarly course featuring single track, climbs, descents and a few small stream crossings. 2-water stations on course. Registration/packet pickup at the casino building from 8:30am on Race-day. Another great stop on the Eastern Grip Trail Running Series. T-shirts to first 175/as they last on race-day. On-line entry at [www.runreg.com](http://www.runreg.com)

Complete information, on-line entry and course maps at [www.heartrateup.com](http://www.heartrateup.com)

**Awards:** Overall Male, Female & Masters Male/Female plus 3-deep in 10-year age groups.

Post race party, playground, hiking, lunch & amazing door prizes after our last finisher. 80-meters in the rough Kids Race too! Free for all kids prior to awards ceremony

*Helping support HEART Animal Rescue & Adoption & E. Concord Vol. Fire Dept.*



8 in the Rough Trail Run - Sunday, Sept. 10<sup>th</sup> 2017 10am \$30.00 Pre Entry Fee. \$35 Day of.

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 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 Endurance America LLC, 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 parent 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: Endurance America PO Box 100 Boston, NY 14025  
Checks Payable to Endurance America**