

8 IN THE ROUGH

TRAIL RUNNING RACE

Sunday, Sept. 8thth 10am Sprague brook park Glenwood NY

High intensity, single track, simply awesome. B there. Sprague Brook Park in Glenwood, NY. Course features miles of single track trails and connector trails. Water stations at several points. Also there's 4 in the Rough-a shorter version for those looking for a great way to experience trail racing. Awards for each race to OA, Masters & in 10-year age groups. Registration opens at 8am. Camping is available and is a great way to enjoy the weekend at the Park. Pre-register at a discount or come down on race-day to sign-up, no-one will be turned away to race.

Post-race kid's race and awards ceremony.

Look for RACE signs when entering in the park.

Full info and on-line entry at www.heartrateup.com

Helping support HEART Animal Shelters



___ 4 in the Rough ___ 8 in the Rough Sunday, Sept. 8th 2019 \$25 pre, \$30 day of

LAST NAME FIRST MI.

STREET ADDRESS CITY STATE

ZIP AGE SEX PHONE # E-MAIL ADDRESS

EMERGENCY CONTACT EMERGENCY CONTACT PHONE #

Participant's Signature: _____ Date: _____

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

Parent/Guardian Signature: _____ Date: _____

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, Erie County, USATF, Allegany State Park & it's Staff, sponsors, volunteers, agents, members other competitors or assigns, for any and all losses and injuries in association with this event.

Mail to: Endurance America PO Box 100 Boston, NY 14025
Checks payable to Endurance America LLC