

# 8 in the Rough



**Sunday, September 18<sup>th</sup> 2011 10AM** **TRAIL RUN**  
 Sprague Brook Park - Glenwood, New York

8.5-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, climbs, descents and a few small stream crossings. 2-water stations on course. Registration/packet pickup at the casino building just inside the park from 8:30am on Race-day. Race-day registration always available. Another great stop on the Eastern Grip Trail Running Series. T-shirts to first 175/as they last on race-day. USATF sanctioned. On-line entry at Active.com

Complete information 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:  
 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 prior to awards ceremony

*Helping support HEART Animal Rescue & Adoption*



8 in the Rough Trail Run - Sunday, Sept. 18<sup>th</sup> 2011 10am \$25.00 Pre Entry Fee. \$30 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, 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