

Rochester Orienteering Club
Annual Mendon Trail Run
5K, 10K, 20K and 50K (50K is Part of Western NY Ultra Series)

Saturday, November 11, 2006 – 9:30 a.m. (5K, 10K, 20K), 8:00 a.m. 50K
East Lodge, Mendon Ponds Park

Registration: 7:00-8:00 a.m. 50K; 8:00 – 9:15 a.m. East Lodge for 5K, 10K & 20K.

Course: 10 km loop course, 1.0 km on roads the rest on trails. The course will be marked, turns marked at trail junctions, and traffic cones at the road crossing. 5K is a portion of the 10K loop.

Start: East Lodge, which is located on Canfield Road (north entrance road to Mendon Ponds Park), approximately .8 miles east of Clover (route 65)

Hills: Yes, there will be hills! Estimated 1100 feet of climb per 10k loop. Not a PR course!

Water/Food: At start/finish, plus one water stop about 6 km into loop.

Road crossing: There will be two crossings of park roads per loop. There will be no road marshals, runners are responsible for their own safety when crossing roads.

Entry Fee 5K, 10K, 20K \$10 postmarked by Nov. 4 (or entered on-line by Nov. 7), \$15 after and race day
50K \$15 postmarked by Nov. 4 (or entered on-line by Nov. 7), \$20 after and race day

Awards: Overall M & F, plus age group (10 year) winners in each race

Sponsors: **Rochester Orienteering Club, Hammer and E-Caps, and Monroe County Parks Department.**

Information: Contact Larry Zygo @ (585) 225-0733, E-mail – Lzygo@aim.com
ROC Web Site: <http://roc.us.orienteering.org>
Register on ACTIVE.COM: http://www.active.com/event_detail.cfm?event_id=1367153
<http://www.wny-ultra.org/>

50 K Info: The last loop must be started before 3:30 PM to insure race is finished by dark.

Entry Form – Mendon Trail Run, November 11, 2006

Name: _____ Age: _____ Sex: _____
Address: _____ ROC Member _____
Phone: _____ Race: 5K _____ 10K _____ 20K _____ 50K _____

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50K - \$15 postmarked by Nov. 4 (or entered on-line by Nov. 7), \$20 after and race day

If not entering on-line, make checks payable to Rochester Orienteering Club and

Mail application to: Larry Zygo, 72 South Dr. Rochester, NY 14612.

WAIVER: I, the undersigned, accept full responsibility for myself and for any injuries I may incur during this trail run. I have read this application and I fully understand that participating in this event may be dangerous to my health. Sprained ankles and wrists, lacerations, bruises, broken bones, lightning strikes, animal bites, collisions with vehicles, hypothermia and heat exhaustion are real possibilities. I fully understand that there will be no medical or emergency personnel on the course. I have trained sufficiently for this event. I will not hold any of the organizers, the County of Monroe, the Rochester Orienteering Club, land owners, or any agency within the state of New York or any volunteers responsible. My actions and mishaps are accountable to no one but myself.

Date: _____ Signature: _____

If participant is under 18 then parent or guardian must also sign. _____