

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



Saturday, November 5, 2011 – 9:30 AM (5K, 10K, 20K); 8:00 AM 50K
East Lodge, Mendon Ponds Park

Registration/Packet Pick-up:

- **Friday Nov 4**, Fleet Feet Sports, 10 a.m. to 7 p.m., Location: 2210 Monroe Ave, Rochester, NY
- **Race Day**, East Lodge, Mendon Ponds Park: 7:00-8:00 a.m. 50K, 8:00-9:15 a.m. 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. The 5K race is a portion of the 10K loop.

Start: East Lodge, which is located on Canfield Road (north entrance road to Mendon Ponds Park), approximately 0.8 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 crossings: 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 \$15 postmarked by Oct. 30 \$20 for on-line entries Nov. 1-3, and on race day
50K \$20 postmarked by Oct. 30 \$25 for on-line entries Nov. 1-3, and on race day

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

Sponsors: **Rochester Orienteering Club , FLEET FEET SPORTS, HAMMER & ECAPS**

Information: Contact Larry Zygo @ (585) 261-7600, E-mail – Lzygo@aim.com
Web site: <http://roc.us.orienteering.org>
Register on ACTIVE.COM until Nov. 3
http://www.active.com/event_detail.cfm?event_id=1972947
<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 5th, 2009

Name: _____ Age: _____ Sex: _____
Address: _____ ROC Member _____
Phone: _____ E-mail: _____ Race: 5K ___ 10K ___ 20K ___ 50K ___

Entry Fee: 5K, 10K, 20K \$15 if postmarked by Oct. 30 \$20 after Oct. 30 (on-line only) and race day.
50K \$20 if postmarked by Oct. 30 \$25 after Oct. 30 (on-line only) and race day.

Make checks payable to Rochester Orienteering Club. Mail application to: Larry Zygo, 72 South Dr. Rochester, N.Y. 14612.
Mailed entries must be postmarked by October 30. Entries with postmarks later than October 30 will not be accepted.

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 or sponsors, the County of Monroe, the Rochester Orienteering Club, Fleet Feet Sports, land owners, 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. _____