

Rochester Orienteering Club Annual Mendon Trail Run

Saturday, November 5, 2016 – 9:30 a.m. (10K, 20K, 30K), 8:00 a.m. 50K
Stewart Lodge, Mendon Ponds Park

- Check in: Race Day: 7:00-8:00 a.m. 50K, 8:00 – 9:15 a.m. for 10K, 20K, & 30K, at Stewart Lodge in Mendon Ponds Park.
- Course: 10 km loop course, all on trails. The start/finish will be at Stewart Lodge (Beach Parking Lot). Estimated 1,000 feet of climbing per 10K loop.
- Water/Food: Aid station for 20K, 30K, and 50K runners at start/finish, plus one aid station about 3.5 miles into loop. Bagels, fruit, and soup available in Stewart Lodge for all participants after the completion of their races.
- Road crossing: There will be two crossings of park roads per loop. Runners are responsible for their own safety when crossing roads.
- Entry Fee
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| 10K | \$15 by Oct 27, \$20 from Oct. 28 to Nov. 3 (on-line only), \$25 race day |
| 20K and 30K | \$20 by Oct 27, \$25 from Oct. 28 to Nov. 3 (on-line only), \$30 race day |
| 50K | \$40 by Oct 27, \$50 from Oct. 28 to Nov. 3 (on-line only), \$60 race day |
- Mailed entries must be postmarked by **Thursday Oct. 27** to be accepted.
 - \$5 discount for Rochester Orienteering Club members for **pre-registration only**.
 - **Important! There is a limit of 350 runners this year. Register early to make sure you don't miss the cut-off!**
- Awards: Overall M & F, plus age group (10 year) winners in each race. Race souvenir to all 50K finishers.
- Sponsor: **Rochester Orienteering Club**
- Information: Contact Heidi Hall. E-mail – hhall313@gmail.com
Web Site: <http://roc.us.orienteeing.org/mtr/>
Register on UltraSignup **until November 3 at 9:00 p.m. EST. No surcharge for on-line registration!** <http://ultrasignup.com/register.aspx?eid=1342>
- 30K Cutoff: The last loop must be started before 2:00 p.m.
- 50K Cutoff: The last loop must be started before 3:00 p.m. *and* the course must be completed by 5:00 p.m.

Entry Form – Mendon Trail Run, November 5, 2016 (must be postmarked by October 27)

Name: _____ Age: _____ Sex: _____

Address: _____

E-mail: _____ Phone: _____

Race: 10K _____ 20K _____ 30K _____ 50K _____

Make checks payable to Rochester Orienteering Club. Mail application to Richard Detwiler, 422 Woodland Lane, Webster, NY 14580

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. _____