



2nd Annual Norfolk Trail Race- 5K

Sunday, September 27, 2015 12:00 pm

Registration:

\$10 must be postmarked by 9/20/15, \$15 on Race Day

Online closes @ midnight on 9/25/2015

Race day registration & bib pickup opens at 10:30

Race Description:

A USATF sanctioned event with challenging and scenic trail race in historic Norfolk CT, on Norfolk Land Trust Trails. The course is a mixture of single and double track. Climb up Beech Hill for a view of Haystack Mountain, run beside historic Killarney bridge, descend down the dry dam, to a flat stretch of rail road bed, ascend through the woodlands and finally long a gladed wetland, known as the Swamp Trail to the finish.

Directions:

Route 44 to the Center of Norfolk, at the Green, head North on Maple Ave. At the 4 way stop continue north onto Lovers's Lane. Parking, registration, the start and finish are all at Lover's Lane Land Trust's entrance to Barbour Woods, at the foot of the hill.

The Good and Important stuff:

For safety reasons, Bikes, pets and baby joggers will not be permitted on the course

14 Awards (no duplicates)- The top three males and females overall and first Male and Female in each age division (Youth 19 and under, Open 20-39, Masters 40-49, Grand Masters 50+) Must be present at award ceremony at Infinity Hall to win.

Great race booty

Post Race Party and Awards at Infinity Hall. Free chili for race participants.

REGISTER ONLINE OR MAIL TO:

Norfolk Land Trust- Trail Race, PO Box 363, Norfolk, CT 06058

PLEASE PRINT NEATLY

First Name: _____ Last Name: _____ Male ___ Female ___

Age on Day of Race: _____

Street Address: _____ Town: _____ State: _____ Zip: _____

Email Address: _____ Emergency Phone Number: _____

(by providing email address I consent to receiving emails)

I know that running/walking in a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other runners, effects of weather, and the conditions of the trail. Having read this waiver and knowing these facts and in consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive and release race organizers, Norfolk Land Trust, the Town of Norfolk and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose. I also understand that the following are prohibited on the race course: Baby joggers, pets, and bicycles.

Signature (Parent or legal guardian if under 18)

DRAFT 4.19.15