



Norfolk Land Trust 3rd Annual Norfolk Trail Race

Sunday, September 25, 2016

10K-The Classic Plus Haystack Mt. 12:00 Start

The first mile follows the Classic 5 K route, then detours onto the South Dry Dam, crosses 272N and ascends through a grassy meadow onto an intense single track up Norfolk's iconic Haystack Mountain. Looping around the Haystack Tower at the summit, it descends down the mountainside on a carriage path and meets up with a sinuous single track that winds along the mountain's contours and through old stonewalls. The course returns to the park's main entrance, crosses back over South Dam and meets up with the final 2 miles of the 5K route.

5K- Classic Barbour Woods 12:30 Start

A challenging and scenic race through historic Barbour Woods in picturesque Norfolk, CT. The course, a mixture of single and double track, climbs up Beech Hill for a view of Haystack Mountain, runs on carriage roads beside historic Killarney Bridge, descends down the dry dam to a flat stretch of railroad bed. It then ascends through woodlands and along a gladed wetland, known as the "Swamp Trail" to the finish.

Registration:

\$15 must be postmarked by 9/18/16, \$20 on Race Day (Registration fee is non-refundable) Online Registration is available through runsignup.com. Registration closes @ 3 am on 9/23/2016. Race day registration & bib pickup opens at 10:30. There is a limit of 100 runners for each race.

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 Lane. Parking, registration, the start and finish are all at the Lovers Lane Land Trust's entrance to Barbour Woods, at the foot of the hill. (Address for GPS- 75 Lovers Lane, Norfolk CT 06058)

The Good and Important stuff about this USATF sanctioned event:

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 receive an award.

Post Race Party with Big Elm Brewing "tap take-over" and Awards at Infinity Hall. Free chili and Big Elm Brewing glass for race participants.

REGISTER ONLINE @ runsignup.com bit.ly/NLTrailrace2016 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: _____ Race(Check only one) Classic 5K _____ Haystack Mountain 10K _____
Street Address: _____ Town: _____ State: _____ Zip: _____
Email Address: _____ Emergency Phone Number: _____

(by providing email address I consent to receiving emails) USATF/CT Club _____

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) _____

Donations are always welcome.

The Norfolk Land Trust is a 501c3 tax exempt non-profit organization. Rev. 6.8.16