NORTHERN NIPMUCK TRAIL RACE

16 Miles of Hills & Hollows

Date: **Saturday, April 3, 2010**
Start: Bigelow Hollow State Park, Union, CT (Take I-84 to Rt. 190 to Rt. 171)
Start Time: 10:00 AM
Contacts: Jim Campiformio 860-429-0582 jimcampi@hotmail.com

Entry:
The entry fee is $20.00 prior to March 27. T-shirts are 5 dollars extra and will be available to all pre-entrants . A few may be available for purchase race day. Entries received after March 27 will be $25.00. Check-in and post race entry will start at 8:30 AM.
Please make checks payable to: Jim Campiformio – Send entry to: NN Trail Race, c/o Jim Campiformio 523 Zaicek Road, Ashford CT 06278
(NOTE: You must be at least 18 years old to run in this race)

Course Description:
The course starts at the Nipmuck Trail & Rt. 171 junction just opposite the Bigelow Hollow State Park entrance. The course runs 8 miles south on the Nipmuck Trail to Boston Hollow Road in Ashford (the Northernmost point of the Nipmuck Marathon) and returns on the same trail. The terrain is constantly rolling, and although there are no major climbs, there are enough steep technical sections to test your agility and aerobic capacity. The total gain over the 16 miles is approximately 3,000 feet. The footing is usually decent, but there are some steep, technical rocky sections that demand caution. If you are not careful you could easily injure yourself in a variety of unpleasant ways. Expect to get your feet wet in several of the low-lying areas. Snow and ice may be present on the course at this time of year. Water and electrolyte replacement will be provided at three aid stations over the entire course. You'll never be more than 4 miles from an aid station, but a single water bottle carrier is recommended.

Amenities:
Post race refreshments available for all entrants.

Awards:
Awards will be presented to the top male and female finishers.

BIB#

OFFICIAL USE

LAST NAME

FIRST NAME:

AGE ON: 04/3/2010

BIRTH DATE: MONTH DAY YEAR

SEX:

SHIRT SIZE: M L XL

ADDRESS:

CITY: **STATE:** **ZIP:**

Waiver: In consideration of your accepting my entry, I agree to be legally bound, hereby myself, my heirs and my executors, waive and release any persons, sponsors, or organizations involved with the Northern Nipmuck Trail Race. This includes, but is not limited to the organizers, the State of CT., the towns of Union and Ashford, and all private landowners. I acknowledge that trail running in general can be hazardous and I am willing to accept the risks. I further attest that I am sufficiently trained and fit for this event. I am assuming any and all risks that may occur with this race.

Signature: _____ Date: _____

E-Mail Address_____