10/31/07

Sybil Ludington 50K Run

and Two-Person Relay

Sponsored by **JUBOK LANDSCAPING** *914-245-0157*

Taconic Road Runners Club Presents the 30th Annual Sybil Ludington Historical Run on Saturday, April 26, 2008. 50K starts at 8:00am. Relay starts at 9:00 am. ***This is a NY Ultra Running Grand Prix Event.***

DIRECTIONS: Carmel, NY., is located in Putnam Co. approximately 5 miles from Rte. 84 Exit 19.
CHECK-IN & POST RACE: At VFW Post 1374, 32 Gleneida Ave.(Rte 52) Carmel, NY. Check-in begins at 7:00 am. *50K runners will be driven to the start which is approx 1 mile away.* Food, beer & soda will be served at the VFW as runners finish. Awards will be presented at the VFW at approximately 2 p.m.
TIME LIMIT: 7 hour time limit. NOTE: Anyone finishing outside this time will not qualify as a finisher.
AWARDS: 50K: 1st, 2nd, 3rd Overall and 1st Woman. Also 1st, 2nd, 3rd for 10 yr. age groups, male & female.
Relay: Both runners on 1st, 2nd and 3rd teams overall.
2 PERSON RELAY RULES: There are no designated exchange points, runners may switch wherever & whenever they choose. One runner MUST be on the road at all times, runners may run any number of legs. Relay teams must provide their own transportation (may have a designated driver) and support. Only one vehicle per team.
RACE SUPPORT: Water & Gatorade will be provided at 9 locations along the course starting at the 5 mile mark and then at 3-4 mile intervals.
THE COURSE: 50K starts at Route 6/Belden Rd , Carmel, NY and finishes at Sybil's statue on the shores of L. Gleneida (Rte. 52 in Carmel) near the VFW hall. The relay starts and finishes at the statue for a distance of 32.2 miles. Both events travel a single loop which follows essentially the route ridden by Sybil on the night of April 26, 1777 as she rode to rouse her father's militia against the British. The route comprises country roads - some poor surfaces - and some dirt roads. There are three hills each with nearly 500' net height difference over start and finish.
T-SHIRTS: Free to all 50K runners. **CERTIFICATES:** Personalized, on heavy stock, at $4, if signed up before start.
ENTRY FEES: $20 per runner ($15/ TRRC member), $30 per team ($25/TRRC)for entries prior to 4/16/08. $25 for all entries ($40/team) received after 4/16/08. Note that entry fee includes T-shirt for 50K runners. Checks payable to: TRRC. Mail to: A. Galfano, 467 Sprout Brook Rd., Garrison, NY 10524.
RACE DIRECTOR: Tony Galfano(845-736-4198)email: Anthony.galfano@va.gov & David Farquhar(508-255-4603) email: djcf@bellatlantic.net
TRRC WEBSITE: www.runner.org

ENTRY(Capitals please) Phone number MUST be completed and be correct for EMERGENCIES!

Name _____ Sex _____ Age _____ email _____
Address _____ *Emergency* phone _____
Name _____ Sex _____ Age _____ email _____
Address _____ *Emergency* phone _____

WAIVER: Sign and date this waiver (Both relay runners MUST sign)
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 running this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, the conditions of the road, all such risks being known and appreciated by me. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Taconic Road Runners Club, the Towns of Kent, Carmel, and Mahopac, and any other subdivisions through which this race passes, VFW Post 1374, all race officials and volunteers, and 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.

SIGNATURE DATE SIGNATURE DATE

1)..... ..... 2)..... .....