

DATE AND TIME

Saturday, February 20, 2010 10:00 am (rain or shine)

Upon completion, runners will receive refreshments and awards. There will also be entertainment.

LOCATION

LaTourette Park & Golf Course
1001 Richmond Hill Road
Staten Island, NY 10314

ENTRY FEES

Students/18 an under (anytime)	\$20.00
All others on Race Day	\$30.00

REGISTRATION

Complete this application and return via mail. Make all checks payable to: NYARA

305 York Street,
Garden level, Jersey City,
NJ 07302.

or log on to www.sirunning.com or www.nyara.org

*Entrants can also register on race day between 8:30am and 9:30am. Registration/T-shirts an

COURSE DESCRIPTION

10 kilometer (6.2 miles) of beautiful marked dirt, gravel and foot trails inside LaTourette Park & Golf Course on Staten Island.

QUESTIONS?

Email reilly@sigreenbelt.org

NYARA
305 York Street,
Garden level, Jersey City,
NJ 07302.

COLD FEAT 10-K TRAIL RUN

*Benefiting the Greenbelt Conservancy
And New York Adventure Racing Assoc.*



*A 10 K Trail Run Located
In Staten Island, New York*

Saturday

February 20, 2010

10:00am Start

LaTourette Park In the Greenbelt

AWARDS

Top 3 Male and Female Open Age Groups:

6-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

In addition to age group awards, entrants can also compete in special awards.

SPECIAL AWARDS

Running Club Award

Think your club is the fastest in the area? Prove it! Get 6 runners from your club (3 male and 3 female) to run the entire course. The 3 fastest male and 3 fastest female times are accumulated. *The club with the 6 fastest times will receive the award and \$100 will be donated to their club.*

ADDRESS FOR DIRECTIONS

LaTourette Golf Course

1001 Richmond Hill Road
Staten Island NY 10306

NYARA AND ITS 501 (C) 3 STATUS

NYARA is a non-profit organization whose purpose is to serve adventure racing athletes in the north eastern US and to work on promoting and fostering the sport any way we can. NYARA is recognized by the Internal Revenue Service and the Federal Government as a 501(c) 3 organization. ALL donations and membership dues are fully tax deductible on your federal income tax return.

www.nyara.org

The Greenbelt Conservancy mission

To foster education about the Greenbelt and its environs, promote public access and participation, and exercise prudent stewardship of the Greenbelt's lands, facilities and endowment.

sigreenbelt.org greenbeltpark.blogspot.com

LAST NAME

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

FIRST NAME

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

ADDRESS

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

CITY

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

STATE

--	--	--	--

ZIP

--	--	--	--	--	--	--	--	--	--

EMAIL

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

GENDER

Male

Female

RACE DAY AGE

--	--	--	--

CLUB AND TEAMS (check one)

Running Club

CLUB NAME:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat, cold and rain, trail and gravel/dirt road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the New York Adventure Racing Association and the Boy Scouts of America, their representatives, successors and agents 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, motion pictures, and recording, or any other record of this event for any legitimate purpose. I HAVE READ THE ABOVE RELEASE AND UNDERSTAND THAT I AM ENTERING THIS EVENT AT MY OWN RISK.

Sign: _____

Date: _____

PARENT (if under 18 years of age)

Sign: _____

Date: _____