

HIGH ROCK CHALLENGE



A GREENBELT ADVENTURE RACE

SATURDAY APRIL 24 2010

IN MEMORY OF
POLICE OFFICER JOHN KELLY
BENEFITING
THE GREENBELT CONSERVANCY

AND

NEW YORK ADVENTURE RACING ASSOCIATION

ABOUT THE HIGH ROCK CHALLENGE

The High Rock Challenge is an adventure race along the Greenbelt trail system. Two member teams run together and compete in mystery events located along the course which is a minimum of 10K. Events are designed to challenge and encourage teamwork as well as physical strength. No special gear is necessary to compete.

Past mystery events included climbing cargo nets, crossing a pond via a single suspension rope, crawling through a dark tunnel, and the thrill of running a portion of the course hauling a lovely sand bag! The hilly course is marked but runners must navigate carefully. **You have been warned!**

2009 RACE PHOTOS:

greenbeltsgreatoutdoors.shutterfly.com

HIGH ROCK CHALLENGE BLOG:

highrockchallenge.blogspot.com



FIND THE GREENBELT
ON FACEBOOK

ARE YOU READY?

To register online or get more
information please visit

WWW.NYARA.ORG



NYARA is a 501(c) 3 non-profit organization that promotes adventure racing in the New York City metropolitan area. Membership dues are fully tax-deductible.

COVER PHOTOS: DOROTHY REILLY
FLYER DESIGN: EMPIRE GRAPHICS

ABOUT THE GREENBELT

At more than three times the size of Central Park, the Greenbelt's nearly 3,000 acres of natural areas, forests and parks is a wondrous green mosaic in the heart of Staten Island.

The Greenbelt's legendary trail system offers runners, walkers and nature enthusiasts a glimpse into Staten Island's pastoral heritage. When you explore the Greenbelt, you'll discover High Rock Park, our Nature and Recreation Centers, LaTourette golf course, Willowbrook Park with its ballfields, tennis courts and Carousel, and many more hidden treasures.

The Greenbelt Conservancy is a not-for-profit organization that helps maintain the Greenbelt and educate the public about its many resources. Stop by to learn about Greenbelt history and current offerings. During off-hours, log on to sigreenbelt.org to download a trail map, view photos of our natural areas, or review the calendar of events.

OUR SUPPORTERS

(at the time of printing)

Arrochar Food Service

B&M Hot Bagels

Empire Graphics

Get in Gear Cycling Studio

Jack Rabbit Sports

Manhattan Beer Distributors

Minute Rice

The North Face Planet Explore

NYS Assembly Member Michael Cusick

One-on-One Physical Therapy

Port Richmond Community Emergency

Response Team (CERT)



GREENBELT INFORMATION

(718) 667-2165

www.sigreenbelt.org



New York City Department of Parks & Recreation

ONLINE REGISTRATION IS STRONGLY ENCOURAGED @ www.NYARA.org

TEAM NAME: (prize for most clever) _____

In order to ensure a smooth and efficient race and awards ceremony, please rate your team by checking the appropriate classification and corresponding start time:

BEGINNER (8AM): _____ INTERMEDIATE (9AM): _____ ADVANCED (10AM): _____

TEAM CAPTAIN INFORMATION		
_____ FIRST NAME	_____ MIDDLE NAME	_____ LAST NAME
_____ MAILING ADDRESS		
_____ CITY	_____ STATE	_____ ZIP
_____ AGE ON RACE DAY	<i>CIRCLE ONE</i> M or F GENDER	<i>CIRCLE ONE</i> xs s m l xl xxl T-SHIRT SIZE

SECOND TEAMMATE INFORMATION		
_____ FIRST NAME	_____ MIDDLE NAME	_____ LAST NAME
_____ MAILING ADDRESS		
_____ CITY	_____ STATE	_____ ZIP
_____ AGE ON RACE DAY	<i>CIRCLE ONE</i> M or F GENDER	<i>CIRCLE ONE</i> xs s m l xl xxl T-SHIRT SIZE

TEAM CAPTAIN EMAIL ADDRESS _____

CAPTAIN PHONE NUMBERS

2ND TEAMMATE PHONE NUMBERS

HOME: _____ CELL: _____ HOME: _____ CELL: _____

TEAM CATEGORY

- | | |
|--|---|
| <input type="checkbox"/> HIGH SCHOOL STUDENT (SCHOOL: _____) | <input type="checkbox"/> PARENT AND CHILD (<i>adult fee applies</i>) |
| <input type="checkbox"/> POLICE / FIRE / EMS (AGENCY: _____) | <input type="checkbox"/> MASTERS (<i>over 50 years old on race day</i>) |
| <input type="checkbox"/> MILITARY (BRANCH: _____) | <input type="checkbox"/> OPEN (<i>check if no other category applies</i>) |

ENTRY FEE (per team)

Prior to March 31, 2010 - \$80

April 1, 2010 to closeout - \$100

Students - \$50

MAIL REGISTRATION and CHECK/MONEY ORDER to:
NYARA, c/o 305 YORK STREET, GARDEN LEVEL
JERSEY CITY, NJ 07302

WAIVER

I know that participating in NYARA events is a potentially hazardous activity. By signing this waiver I certify that I am properly trained and have no medical conditions that would prohibit me from participating safely. I agree to abide by any decision of an event official regarding my ability to safely complete the event. I am voluntarily entering the race and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including heat and/or humidity, traffic and the conditions on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release NYARA, The City of New York and its agencies and departments, The Boy Scouts of America, The Greenbelt Conservancy, all event sponsors, and their respective successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and or ordinary entities to use my photographs, motion pictures, recordings, e-mail address or any other record of my participation in this event or related activities for any legitimate purpose without reservation.

CAPTAIN'S SIGNATURE

2ND TEAMMATE'S SIGNATURE

PARENT OR GUARDIAN IF UNDER 18

PARENT OR GUARDIAN IF UNDER 18

THE 8TH ANNUAL HIGH ROCK CHALLENGE ADVENTURE RACE

SATURDAY, APRIL 24, 2010
RAIN or SHINE!

SPACE IS LIMITED. REGISTER EARLY.

Staggered Start: 8AM

**SOCCER FIELD AT
GREENBELT RECREATION CENTER***

501 Brielle Avenue

Staten Island, NY 10314

* PLEASE SHARE A RIDE! Parking is not available on Center grounds. Parking for runners only is across the street at Seaview Hospital, 460 Brielle Ave. Parking for spectators is in the JCC parking lot, 1466 Manor Road. A free shuttle bus will run throughout the day. Limited parking is available on adjacent streets; please abide by the law.

What should I expect?

- Expect to have fun!
- Expect to be challenged. Running through the woods is very different from road running. You will need to be aware of your surroundings and follow trail markers.
- Remember this is a team event. Your partner's weaknesses are now yours. You will need to work together with your teammate to overcome the five mystery challenges.
- Food, beverages and entertainment will be provided at the finish of the race. Please plan to stay for a while and enjoy the day. Runners will receive a food ticket; Refreshments will be available for purchase for non-runners.
- Wicking material T-Shirt and Race Bag.
- Many prize categories.

What should I bring?

- Race materials provided at the race bag pickup.
- Towel, change of clothes, and sneakers, if you plan to stay for a while and have refreshments.

Race-bag/number pick-up

- Team captains will receive an email approximately one week before race day confirming your registration. Race bag, t-shirt, bib number and start times will be given at:

STATEN ISLAND RACE BAG PICK-UP:

Wednesday, April 21, 5 – 8 pm

at the Greenbelt Recreation Center (site of race)

*** please bring a photo I.D. to enter building**

MANHATTAN RACE BAG PICK-UP:

Thursday, April 22, 5 – 7 pm

at NYC Parks Department Headquarters

830 Fifth Avenue at 64th Street, Basement