

# SOAPSTONE ASSAULT



**Sunday, August 1, 2010**  
**Check In: 8 a.m. Start: 9 a.m.**

## Sponsor

The Shenipsit Striders, a member club of the Road Runner's Club of America.

## Location

Gulf Road entrance to the Shenipsit State Forest in Somers, Connecticut.

## Course

A simple counter-clock-wise loop around the base of Soapstone Mountain plus up and down trips to the top on each of 5 trails and 1 dirt road. The final leg is up infamous Killer Hill. Cumulative climb is about 1,800 feet up & 1,500 down in a total distance of about 5.45 miles. Average grade is about 20%.

## Warning

The course includes numerous **steep, rocky, slippery or otherwise treacherous** segments. Though injuries have been few and minor during the event's history, a serious injury is possible. Likewise, **collisions are possible between ascending and descending runners. Don't enter if you are not prepared to accept**

**responsibility for yourself and these risks.**

## Timing

This is a **handicap start** event where age and gender determines your start. (See back side for start schedule.) First runner to the top six times wins regardless of when started. All runners will also be provided results with actual running times.

## Services

Water will be available at the top of the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>(finish) ascents.

## Refreshments

Light refreshments will be available at the finish.

## Souvenir

Your choice: Banged shins, sprained ankles, pleasant(?) memories, whatever.

## Rewards

Bragging rights until next year.

## Course Records

Men: 41:49 Rich Fargo 1997  
Women: 50:48 Deb Livingston 2004

## Entry

**Day of race entry only. Fill out this form and bring it with you day of race.** Entry fee is \$5.00. Proceeds will be shared with various local charities.



## Information & Directions

Debbie Livingston, Race Director  
(860) 512-0125  
E-mail: [deblivingston@mac.com](mailto:deblivingston@mac.com)

Or visit our website  
[www.shenipsitstriders.org](http://www.shenipsitstriders.org)

[Bib & SG: \_\_\_\_\_/\_\_\_\_ Paid: \_\_\_\_\_]

## 2010 SOAPSTONE ASSAULT

WAIVER: In consideration of your accepting my entry, I intending to be legally bound, hereby for myself, my heirs and executors, waive and release any and all claims that I may have against the persons or organizations affiliated with the Soapstone Assault race, the officials, the State of Connecticut (Shenipsit State Forest - DEP), the local jurisdictions, the Grand Tree and the Shenipsit Striders while participating in or traveling to the race on August 1, 2010. I acknowledge the difficulty of the race, its treacherous terrain, and the potential for collisions. I further attest that I am physically fit and I have trained sufficiently for competition in this event.

**Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/2010

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age:** \_\_\_\_\_ **Sex:** M F (Circle one)

**Phone:** (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ **E-mail:** \_\_\_\_\_

Make **checks** for \$5 payable to the **Shenipsit Striders**

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## SOAPSTONE ASSAULT HANDICAP SCHEDULE \*

Male Ages	Female Ages	Starting Group	Head Start*	X	Male Ages	Female Ages	Starting Group	Head Start*
>99	>89	B''	41'31"	X	73	62	A'	20'22"
99	88	A''	40'44"	X	72	61	Z	19'35"
98	87	Z'	39'57"	X	71	60	Y	18'48"
97	85	Y'	39'10"	X	70	59	X	18'01"
96	85	X'	38'23"	X	6 & 69	8 & 58	W	17'14"
95	84	W'	37'36"	X	68	57	V	16'27"
94	83	V'	36'49"	X	67	56	U	15'40"
93	82	U'	36'02"	X	66	9 & 55	T	14'53"
92	81	T'	35'15"	X	7 & 65	54	S	14'06"
91	80	S'	34'28"	X	64	10 & 53	R	13'19"
90	79	R'	33'41"	X	63	52	Q	12'32"
89	78	Q'	32'54"	X	8 & 62	11 & 51	P	11'45"
88	77	P'	32'07"	X	61	49 - 50	O	10'58"
87	76	O'	31'20"	X	60	12 & 48	N	10'11"
85	75	N'	30'33"	X	9 & 58 - 59	13 & 46 - 47	M	9'24"
85	74	M'	29'46"	X	57	14 & 44 - 45	L	8'37"
84	73	L'	28'59"	X	10 & 56	15 & 41 - 43	K	7'50"
83	72	K'	28'12"	X	55	16 - 18 & 40	J	7'03"
82	71	J'	27'25"	X	11 & 53 - 54	19 - 39	I	6'16"
81	70	I'	26'38"	X	12 & 52		H	5'29"
80	69	H'	25'51"	X	13 & 50 - 51		G	4'42"
79	68	G'	25'04"	X	14 & 48 - 49		F	3'55"
78	67	F'	24'17"	X	15 & 45 - 47		E	3'08"
77	66	E'	23'30"	X	16 & 42 - 44		D	2'21"
76	65	D'	22'43"	X	17 & 38 - 41		C	1'34"
75	64	C'	21'56"	X	18 & 31 - 37		B	0'47"
74	63	B'	21'09"	X	19 - 30		A	0'00"

\* Age groupings are from the Dipsea. The 47 second gap (handicap) between Starting Groups is prorated from that race also. The timer starts when the scratch group (Group A) is scheduled to start.