

SOAPSTONE ASSAULT



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

Sunday, October 16, 2005
Check In: 8 a.m. Start: 9 a.m.

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 3rd, 4th, 5th and 6th(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. They fall into two categories:

Individual and Team.

Individual needs no explanation. Teams must enter at least 4 but not more than 10 members. The finishing position of the first four on each will be combined for each team's score.

Lowest score wins. All team members must be legitimate members of a recognized running club.

Course Records

Men: 41:49 Rich Fargo 1997
Women: 51:20 Julia Chilicki 1997

Entry

Limited to the first 100

applications. Pre-entry preferred. Send the fully completed and signed application along with a \$5.00 entry fee and a **SASE** (self addressed stamped envelope) to Jerry Stage. **Post entries will be accepted only following explicit prior approval by the Race Director.** Proceeds will be shared with the Northern Connecticut Land Trust and various local charities.



Information

Jerry Stage, Race Director
Res. (860) 870-4255
E-mail: JerryStage@AOL.COM

[Bib & SG: _____/____ Paid: _____]

2005 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 October 16, 2005. 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:** ___/___/2005

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Date of Birth: ___/___/____ **Age:** ____ **Sex:** M F (Circle one) **Team:** _____

Need directions? YES NO (Circle one) **Phone:** (____)____-____ **E-mail:** _____

Make **checks** for \$5 payable to the **Shenipsit Striders** and mail with the **signed** application and a **SASE** to:
Jerry Stage, 3 Bowles Road, Stafford Springs, CT 06076.

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Check In: 8 a.m. Start: 9 a.m.

SOAPSTONE ASSAULT HANDICAP SCHEDULE

Schedule revised if Rich Busa (70 yrs +) participates

Male Ages	Female Ages	Starting Group	Head Start*	X	Male Ages	Female Ages	Starting Group	Head Start*
<7 & >68	<9 & >57	W	17' 14"	X	10 & 56	15 & 41 - 43	K	7' 50"
68	57	V	16' 27"	X	55	16 - 18 & 40	J	7' 03"
67	56	U	15' 40"	X	11 & 53 - 54	19 - 39	I	6' 16"
66	9 & 55	T	14' 53"	X	12 & 52		H	5' 29"
7 & 65	54	S	14' 06"	X	13 & 50 - 51		G	4' 42"
64	10 & 53	R	13' 19"	X	14 & 48 - 49		F	3' 55"
63	52	Q	12' 32"	X	15 & 45 - 47		E	3' 08"
8 & 62	11 & 51	P	11' 45"	X	16 & 42 - 44		D	2' 21"
61	49 - 50	O	10' 58"	X	17 & 38 - 41		C	1' 34"
60	12 & 48	N	10' 11"	X	18 & 31 - 37		B	0' 47"
9 & 58 - 59	13 & 46 - 47	M	9' 24"	X	19 - 30		A	0' 00"
57	14 & 44 - 45	L	8' 37"	X				

* 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.