

20th annual

Soapstone Mountain Trail Races

Sunday, May 15, 2005
Registration: 8 a.m.
Start: 9 a.m.

SPONSOR:

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

LOCATION:

Reddington Rock Riding Club (RRRC), Handel Road, Stafford Springs, CT. Directions are on back side of flyer, and at www.shenipsitstriders.org

COURSE:

Primarily in the Shenipsit State Forest. It covers 14.5 measured miles on varying quality dirt roads, unused logging roads, narrow foot-paths and a rocky streambed.

WARNING:

The course includes a number of steep, rocky, slippery or otherwise treacherous areas. Though injuries have been few and minor during the race's history, a serious injury is possible. Because of the inaccessibility of parts of the course, it is possible that an injured runner might have to wait an hour or more for skilled medical care. Don't enter if you are not prepared to accept responsibility for yourself and these risks.

SERVICES:

Water will be available at 3 or more check-

points during the race. Free camping in the RRRC campground Saturday night for registered (i.e. checked on application) pre-entrants only. There are no changing or shower facilities. Computerized timing and results.

ENTRY FEE (non-refundable):

\$17 pre-entry - (received by May 10th) \$22 post-entry. Maximum fees per family (same household): \$30 pre-entry; \$40 post. Any profits will be shared with the Northern Connecticut Land Trust, an organization committed to preserving the kind of places we like for running.

LAST YEAR'S WINNERS:

MEN: Ben Nephew - 1:42:40
WOMEN: Nikki Kimball - 1:54:55

SOUVENIRS:

Distinctive T-Shirts are available for \$7.00 if pre-entered and pre-paid by May 10th. This is below cost. Extras will be sold for profit on race day.

PICNIC:

A picnic prepared by the RRRC will follow the races.

Also May 15th Soapstone Trail Sampler
4 Mile Fun Race/Run/Walk
Handicapped Start (Age/Gender based)
Registration: 8 a.m., start 9:10 a.m.
This entertaining, scenic course meanders through the Shenipsit forest not far from Soapstone Mountain. Picnic to follow.
Walkers Welcome!
Pre-entry: \$7 • Post-Entry: \$10
Last Years Winner: Bob Hartman
Though a relatively easy course, the warning on the left still applies.

AWARDS:

Unique trophies go to the top finisher(s) in each age-group division. The number of trophies for each division will be based on the number of pre-entrants in each. A division must have at least two entrants for a trophy to be given.

FOR INFORMATION CONTACT

Deborah Livingston
(860) 512-0125
E-mail: deb@horstengineering.com
www.shenipsitstriders.org

RACE DIRECTORS:

Debbie Livingston
Jerry Stage

PLEASE: NO WALKERS, BABY JOGGERS OR DOGS in the 1/2 marathon; walkers welcome in the sampler

Full page and full size copies are acceptable.

2005 SOAPSTONE MOUNTAIN 1/2 MARATHON & SOAPSTONE SAMPLER

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 Mountain Trail Races, the officials, the State of Connecticut (Shenipsit State Forest - DEP), the local jurisdictions, the private landowners, the Northeast Trail Runners Circuit and the Shenipsit Striders while participating in or traveling to the race on May 15, 2005. I acknowledge the difficulty of the race, its treacherous terrain, and that portions of the course are unmonitored. I further attest that I am physically fit and I have trained sufficiently for competition in this event.

FOR OFFICIAL USE ONLY
Bib # _____ St. Gr. _____
Date _____ Entry Fee _____
T-Shirts (\$7.00 ea) _____
Totals _____

Please enter me in the (Check one) 1/2 Marathon Sampler SEX: (Check one) M F

NAME: _____ SIGNATURE: _____ DATE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

DATE OF BIRTH: (mandatory) ____/____/____ AGE: _____

Do you want a T-Shirt? YES (Add \$7 for each) NO S M L XL XXL

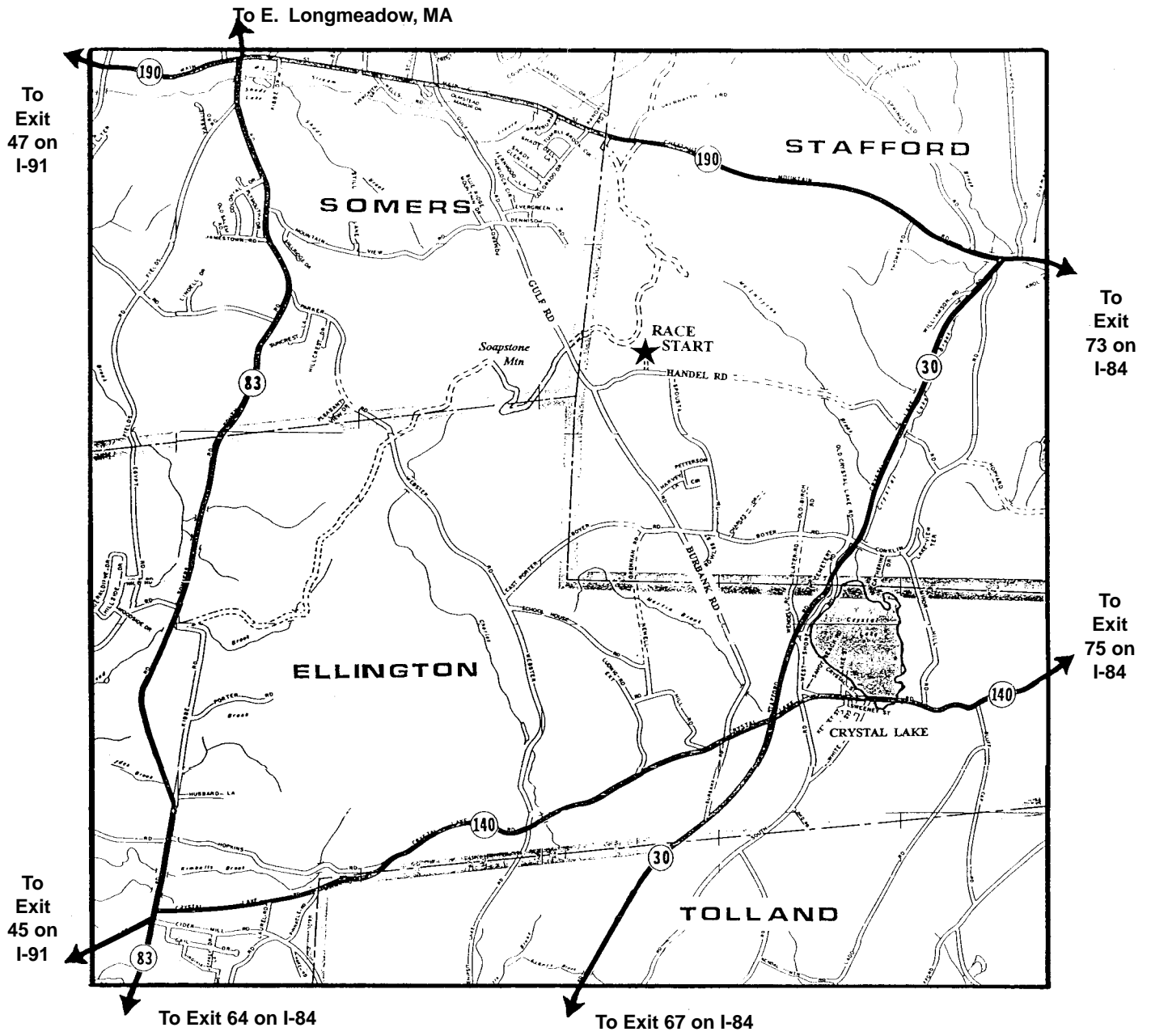
Do you want to camp: YES NO

For next years race please write your e-mail address: _____

Make checks payable to Shenipsit Striders and mail to:

DEBORAH LIVINGSTON, 59 MAPLE VALLEY RD, BOLTON, CT 06043

DIVISIONS for Soapstone 1/2 Marathon only	
MEN	WOMEN
Under 40	Under 40
40-49	40-49
50-59	50 plus
60 plus	



Deborah Livingston
~~59 Maple Valley Rd.~~
 Bolton, CT 06043^Λ