



25<sup>th</sup> Annual

# SOAPSTONE MOUNTAIN 24K TRAIL RACE & 6K SAMPLER

Sunday, May 17, 2009  
Day of Registration: 8 am  
Long Course start: 9 am  
Sampler start: 9:10 am

**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: [www.shenipsitstriders.org](http://www.shenipsitstriders.org)

**COURSES:**

Primarily in the Shenipsit State Forest; both courses cover varying quality dirt roads, unused logging roads, narrow footpaths and a rocky streambed. The Sampler is a shorter, less rugged version that features a handicap start.

**WARNING:**

The courses include a number of steep, rocky, slippery or otherwise treacherous areas. Though injuries have been few and minor during the races' history, a serious injury is possible. Because parts of the long course's inaccessibility, it is possible that an injured runner might have to wait an hour or more for emergency 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 checkpoints on the long race. Free camping in the RRRC campground Saturday night for registered (please email the RD); pre-entrants only. There are no changing or shower facilities. Computerized timing and results.

**LONG COURSE CUT-OFF TIMES:**

Checkpoint 2 (10.5k) 2 hrs  
Checkpoint 3 (~18.5k) 3 hrs

**ENTRY FEES (non-refundable):**

Long course (24k): \$17 pre-entry/\$22 post-entry. Maximum fees per family (same household): \$40 pre-entry; \$50 post. Sampler (6k): \$8 pre-entry/\$10 post-entry. Any profits will be shared with the Northern Connecticut Land Trust, Connecticut Forest and Parks Association and/or used to help fund college scholarships for three area cross-country runners.

**LAST YEAR'S WINNERS:**

Long Course:  
MEN: Ben Nephew 1:46:05  
WOMEN: Beth Krasemann 2:03:29  
Sampler: Clinton Morse

**SOUVENIRS:**

Distinctive organic cotton T-shirts available for \$12.00 if pre-entered/pre-paid. Extras will be sold for \$15.00 on race day.

**PICNIC:**

A fantastic picnic will follow. Free to participants; \$4 donation family & friends.

**AWARDS:**

Unique trophies go to the top finisher(s) in each age-group division in the long course. 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. Similar trophies go to the first three finishers in the Sampler.

**RACE DIRECTOR**

**INFORMATION & VOLUNTEER CONTACT:**  
Deborah Livingston (860) 512-0125  
E-mail: [deb@horstengineering.com](mailto:deb@horstengineering.com)

Help conserve resources: register online at [www.shenipsitstriders.org](http://www.shenipsitstriders.org)

**PLEASE: NO WALKERS, BABY JOGGERS OR DOGS on the long course; walkers welcome in the sampler**

**FOR OFFICIAL USE ONLY**

Bib # \_\_\_\_\_ St. Gr. \_\_\_\_\_  
Date \_\_\_\_\_ Entry pd \_\_\_\_\_  
T-Shirts(\$12pre/\$15post) \_\_\_\_\_  
Totals \_\_\_\_\_

## 2009 SOAPSTONE MOUNTAIN 24K TRAIL RACE & 6K 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 17, 2009. 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. The cut-off times are as follows: Checkpoint 2 (~10.5k) 2hrs. & checkpoint 3 (~18.5k) 3hrs.

RACE:(circle one): LONG COURSE (pre: \$17) SAMPLER (pre: \$8) DATE: \_\_\_\_\_

NAME: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DATE OF BIRTH: (mandatory) \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: (Check one)  M  F

Do you want an organic cotton T-shirt? (Add \$12 pre/\$15 post for each)  YES  NO  S  M  L  XL  XXL

E-mail address: \_\_\_\_\_ Phone: \_\_\_\_\_ Estimated finish time: \_\_\_\_\_

**DIVISIONS: Soapstone Long Course**

MEN - Under 40, 40-49, 50-59, 60 plus  
WOMEN - Under 40, 40-49, 50-59, 60 plus

Make checks payable to Shenipsit Striders and mail to:  
**DEBORAH LIVINGSTON, 59 MAPLE VALLEY RD, BOLTON, CT 06043**