

Glen Challenge Trail Run
October 3rd, 2009
 Presented by
Sparta Parks and Recreations
 And
The Sparta Running Club

A very scenic, challenging and fun 5K trail run. With 40% of the run on roads and the other 60% on trails, it gives everyone an opportunity for a successful day out. With sections of the trail affectionately named "Stairway to Heaven", "Rattlesnake Ledge" (we have never seen one), "Quad Killer" and throw in a stream crossing and you could guess folks will be breaking a sweat and having some fun. Total elevation change is about 450 ft. If you're looking for something a little different than the day to day 5K race, come join us on an excursion through the Sparta Glen. Who knows who or what you might run into?

START TIMES: Race - 9:00 am (Same day registration opens at 8:00 am)
 Hike to the Summit - 11:00 am

PLACE: Sparta Glen, Glen Road, Sparta, NJ 07871
 Parking will be at the Municipal Building
 Nature Walkers will be able to park in the Glen starting at 10:30 am.

AWARDS: 1st & 2nd place for best overall time, Male and Female
 1st & 2nd place for all age categories, Male and Female

AGES: 19 & under, 20-29, 30-39, 40-49, 50 & Up

FEES: \$20.00 for registrations before August 28th
 \$25.00 after August 28th and for race day registration

Long sleeve shirts to all PRE-REGISTERED RUNNERS
Shirts will be available for Race Day Registration while supplies last
For information call Sparta Parks & Recreations Dept (973)-729-2383

Timing By Elite Racing Systems

ENTRY FORM

NAME: _____ **AGE:** _____ **D.O.B.** _____ **SEX:** _____
STREET: _____ **CITY:** _____ **STATE:** _____ **ZIP CODE:** _____
PHONE: _____

I know that running a road race is potentially hazardous activity which could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road/trail, water crossings or steep descents, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Sparta Township, Sparta Parks and Recreation, Sparta Running Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 years of age on the day of the race _____