



The 7th Annual Saratoga Spa State Park Five Mile Trail Race "The Fall Back 5"



Improved course! Get off the roads and carriage trails - Join us for a race along a beautiful 5 mile course of mostly single-track trails through forests, fields & wetlands of Saratoga Spa State Park. The course has 2 large hills including a dash around the narrow single-track past the Island Spouter & the Grand Tufa & up the quad-busting staircase recently built behind SPAC.

DESCRIPTION

DATE

TIME

NON-REFUNDABLE FEE

Sunday, November 4, 2012

10:00 a.m. *

\$20 Advance registration/\$25 Day-of registration

ENTRY FEE INCLUDES

LOCATION

QUESTIONS?

REGISTRATION

Long sleeve tech shirt for the 1st 200 registrants - Food & beverages after the race - Awards/Prizes for top three male and female - Raffle for all racers.

Saratoga Spa State Park, beginning and ending at the Administration Mall area

Contact at (518) 584-2000

Same-Day Registration:

INDOORS at Administration Building Lobby 8:00 - 9:45 am

Pre-Registration:

Online:

<http://www.active.com> (easy access from Saratogastryders.org website)- until 11:59 EST, 11/3/12

Entry and payment must be received by 11:59 p.m. EST, 11/2/2012

By Mail:

Mail to: 19 Roosevelt DR, Saratoga Springs, NY 12866 Attn: Trail Race

KIDS' RUN

Kids fun run for children 12 and under. See other side for more information.

RACE PROCEEDS

Proceeds from this race will be used for the trail system at the Saratoga Spa State Park and future races.

NO PETS ON THE COURSE PLEASE

TRAIL RACE APPLICATION

| | | | |
|-----------------------|-----------|-------------------------------------|-------------|
| NAME | _____ | GENDER | _____ |
| ADDRESS | _____ | AGE (On Race Day) | _____ |
| | _____ | DATE OF BIRTH | ___/___/___ |
| CITY/STATE/ZIP | _____ | EMAIL | _____ |
| PHONE | () _____ | SHIRT SIZE (ONLY FOR ADULTS) | _____ |

Make check payable to **NHT** (Natural Heritage Trust). Send application and check to:

Saratoga Spa State Park
Attn: Trail Race
19 Roosevelt Drive
Saratoga Springs, NY 12866

In consideration of this application being accepted, I recognize and assume the risks inherent in traversing outdoor surfaces, including those involving a variety of outdoor surfaces, grades, and terrain. I also, for myself, my heirs, executors and assigns waive and release any and all claims for Damages I may have against the State of New York; its Executive Department; the NYS Office of Parks, Recreation and Historic Preservation; the Saratoga/Capital District State Park Region; Saratoga Spa State Park; and its Officers, Agents, Assigns and Employees from all past, present and future claims, demands, obligations and causes of action of any nature whatsoever, whether in tort (including, without limitation, acts of active negligence), contract or any other theory of recovery in law, admiralty or equity, whether for compensatory or punitive damages, equitable relief or otherwise, and whether now known or unknown, suspected or unsuspected, which are based upon or arise out of or in connection with any matter, cause or thing existing at any time prior to the date hereof. In addition this application serves as a photo release.

SIGNATURE (parent if under 18)

DATE

BRING THE WHOLE FAMILY, KIDS CAN ENJOY THE FALL BACK 5 FUN RUN!

The course is too much fun not to share with our kids! Children ages 12 and under can enjoy a "Fun Run". Everyone wins, all participating children receive an award and there is no cost to register your child.



Registration: Sunday, 11/4/2012

Cost: FREE, unless registering on Active.com, \$3.25

Start Time: Immediately following race



- * Enjoy an extra hour of sleep in preparation for the race thanks to day light savings time. Don't waste it by showing up an hour early!

