## Rochester Orienteering Club

## **Annual Mendon Trail Run**

5K, 10K, 20K and 50K (50K is part of Western NY Ultra Series)



## **Saturday, November 8<sup>th</sup>, 2008** – 9:30 AM (5K, 10K, 20K); 8:00 AM 50K East Lodge, Mendon Ponds Park

Registration	n/Packet Pick- up						
	Friday Nov 7 <sup>th</sup> Race Day:	th Fleet Feet Sports, East Lodge,: 7:00-			•	·	
Course:		10 km loop course, 1.0 km on roads, the rest on trails. The course will be marked, turns marked at trail junctions, and traffic cones at the road crossing. The 5K race is a portion of the 10K loop.					
Start:		Near East Lodge, which is located on Canfield Road (north entrance road to Mendon Ponds Park), approximately 0.8 miles east of Clover (route 65)					
Hills:	Yes, there will	l be hills! Estimated	1100 feet o	f climb per 10K	loop. Not a PR co	urse.	
Water/Food	<b>l:</b> At start/finish,	, plus one water stop	about 6 km	into loop. Also,	food before and at	fter race, in East Lodge.	
Road crossi	0	two crossings of park r their own safety wh			be no road marsha	ls, runners are	
<b>Entry Fee:</b>	5K, 10K, 20K 50K	\$15 postmarked by \$20 postmarked by	y Nov. 3 <sup>rd</sup> y Nov. 3 <sup>rd</sup>	\$20 after Nov \$25 after Nov	. 3 <sup>rd</sup> and race day . 3 <sup>rd</sup> and race day		
Awards:	Overall M & I	F, plus age group (10	year) winne	ers in each race			
<b>Sponsors:</b>	Rochester Or	Rochester Orienteering Club, Monroe County Parks, Fleet Feet Sports, Hammer, and ECAPS					
<u>Information</u>	Web site: http: Register on Ac	Zygo @ (585) 225-07 ://roc.us.orienteering. ctive.com until Nov. s ctive.com/event_detany-ultra.org/	org 5 <sup>th</sup> (no late f	ee on Active.com	m through Nov. 5 <sup>th</sup>	)	
	The lest lean	The last loop must be started before 3:30 PM to insure race is finished by dark.					
50 K cutoff:	<u>:</u> The last loop i	must be started before	e 3:30 PM to	o insure race is f	finished by dark.		
	 	 Entry Form – Men	 don Trail	Run, Novemb	oer 8 <sup>th</sup> , 2008		
Name:	 ]	Entry Form – Men	don Trail	Run, Novemb	oer 8 <sup>th</sup> , 2008 n race dav:	Sex:	
Name:	 ]	Entry Form – Men	don Trail	Run, Novemb	oer 8 <sup>th</sup> , 2008 n race dav:	Sex:	
Name: Address: Phone:	]	 Entry Form – Men	10K_Nov. 3 <sup>rd</sup>	Run, Novemb Age of 20K \$20 after Nov	per 8 <sup>th</sup> , 2008 In race day:  ROC Member?  50K  3 <sup>rd</sup> and race day		
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