

# NORTHERN NIPMUCK TRAIL RACE

## 16 Miles of Hills & Hollows

**Date:** Saturday, April 7, 2007

**Start:** Bigelow Hollow State Park, Union, CT (Take I-84 to Rt. 190 to Rt. 171)

**Start Time:** 10:00 AM

**Contacts:** Jim Campiformio 860-429-0582 [jimcampi@hotmail.com](mailto:jimcampi@hotmail.com) or Rob Whalen (days) 860-684-0030

### Entry:

The entry fee is \$20.00 prior to April 5 and includes T-shirts or for the first 60 pre-entrants. Entries received after April 5 will be \$25.00. Check-in and post race entry will start at 8:30 AM.

Please make checks payable to: Jim Campiformio – Send entry to: NN Trail Race, c/o Jim Campiformio 523 Zaicek Road, Ashford CT 02678

(NOTE: You must be at least 16 years old to run in this race)

### Course Description:

The course starts at the Nipmuck Trail & Rt. 171 junction just opposite the Bigelow Hollow State Park entrance. The course runs 8 miles south on the Nipmuck Trail to Boston Hollow Road in Ashford (the northernmost point of Nipmuck Marathon) and returns on the same trail. The terrain is constantly rolling, and although there are no monster hills, there are enough steep sections to test your anaerobic capacity. The total gain over the 16 miles is approximately 3,200 feet. The footing is usually decent, but there are some steep, rocky sections that demand caution. If it has rained recently, expect to get your feet wet in several of the low-lying areas. Snow and ice may be present on the course at this time of year. Water and electrolyte replacement will be provided at three aid stations over the entire course. You'll never be more than 4 miles from an aid station, but a single water bottle carrier is recommended.

### Amenities:

Post race refreshments available for all entrants.

### Awards:

Awards will be presented to the top male and female finishers.



BIB#

LAST NAME

FIRST NAME:

OFFICIAL USE

AGE ON: 04/16   BIRTH DATE: MONTH   DAY   YEAR   SEX:  SHIRT SIZE: M L XL

ADDRESS:

CITY:  STATE:  ZIP:

**Waiver:** In consideration of your accepting my entry, I agree to be legally bound, hereby myself, my heirs and my executors, waive and release any persons, sponsors, or organizations involved with the Northern Nipmuck Trail Race. This includes, but is not limited to the organizers, the State of CT., the towns of Union and Ashford, and all private landowners. I acknowledge that trail running in general can be hazardous and I am willing to accept the risks. I further attest that I am sufficiently trained and fit for this event. I am assuming any and all risks that may occur with this race.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

(for minors 16-17 years old)