

# BREAKNECK

20K Trail Run \*

**Back By Popular Demand...The "Original" Course (with Ribbon Markings)...But Still No Aid !**

Run the Ridge Trail the entire length (~ 4.2 miles) to Breakneck Pond. Run around the pond - either direction (clockwise or counter-clockwise) staying on the Breakneck Pond View and Nipmuck trails, back to the Ridge Trail and run the Ridge Trail back to the finish. That's it.

DATE

**October 4, 2009**

LOCATION

Bigelow Hollow State  
Park, Union, CT

PRIZES

1st Male, 1st Female,  
"random others"

TIME

Registration: 8:30 am - 9:50 am  
Run starts exactly at 10:00 am

ENTRY FEE

\$15

FOOD

Award-winning "goodies" free  
for runners

DIRECTIONS

**From Hartford, CT:** I-84 east to Exit 73. Right at exit ramp's end onto Rt. 190 for 1.9 miles to Rt. 171. Right onto Rt. 171 for 1.3 miles to the state park. Left into state park, parking in 0.7 miles.

**From Mass Pike, Sturbridge exit:** I-84 west to CT Exit 73. Left at exit ramp's end onto Rt. 190 for 2.0 miles to Rt. 171. Right onto Rt. 171 for 1.3 miles to state park. Left into state park, parking in 0.7 miles.

\*Runners MUST be self-sufficient...so carry water!

Make check payable to and send, with signed waiver, to:

Karl Molitoris, 93 Buckley Highway, Stafford Springs, CT 06076  
contact: (860) 684-3539 weekends, or karlmolitoris@yahoo.com

**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 BREAKNECK, the officials, the State of Connecticut, the Commonwealth of Massachusetts, and the local jurisdictions, and while participating in or traveling to or from the race on 10/4/2009. I acknowledge the difficulty of the race, its treacherous terrain, that no water will be supplied along the course, and that portions of the course are not monitored. I further attest that I am physically fit and that I have trained sufficiently for competition in this event.

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Sex \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Minor must have application signed by a parent or guardian)