

# 23rd Annual NipMuck Trail Marathon

Sunday May 28th 2006 8AM

2007 6/3

No Day of Race or Online Registration

(Gotta mail it in)

Last Day to Register is May 22nd

Volunteers Welcome

**Warning:** It is possible to get a serious injury in this race. If you run recklessly you'll increase your chances but even if you are careful it's still possible to get tripped up or slip on something. This could result in an immobilizing injury that could put you a few hours away from medical attention. It could mean expensive medical care and an extended period of time away from work. To run this race you have to accept full responsibility for what happens to you. If you don't have health insurance don't do this race. No matter how careful you are plan on falling. The faster you run the more it hurts. You must be at least 18 to run this race.

If you have not run a full marathon on roads or at least a trail half marathon race in the past 5 years don't read any further because those are the qualifications for doing this marathon. **We have the right to stop accepting applications any time we feel like it.** So send it in early. Other races on trails you can use to qualify for NipMuck are the Northern Nipmuck (16 miles) April 15th. Contact Jim Campiformio at 860-429-0582 or jimcampi@hotmail.com. May 7th, Seven Sisters (12 miles, 5000 feet elevation gain). Contact Scott Hunter at 413-665-0150 or scotjh@aol.com. Also May 21st just a week before NipMuck the Soapstone Half Marathon. Contact Deb Livingston at 860-870-4375 or deb@horstengineering.com

This is not a roadrace! This event is 26 plus or minus miles of narrow wooded trails with an elevation gain of 2300 feet. You will spend more energy per mile in this race than in any race on paved roads. If you add an hour to your road marathon time you'll get a good estimation of how long it will take you to complete the course. We will have people on the course if you choose to run a marathon in up to 8 hours which is the time limit for this race. **Please respect this time limit.**

The Nipmuck Trail runs from Mansfield, CT to the state line in Union, CT. The section we will be doing starts on Perry Hill Rd in Ashford. Look at the map. This is a small country road in the middle of nowhere so park your car and yourself way off to the side. This road stays open to local traffic being the primary route to the dump so **don't hang out in the middle of the road.** The marathon runs south for a 1/4 of a marathon, then back to the start, then north for a 1/4 of a marathon, then back to Perry Hill Rd to finish. 60% of your time will be spent in the second half due to hills, more distance and the heat of the day.

There is a chance of getting off the course. After doing this race for 22 years this section is clear and well marked. Markers will be put up at critical places. You'll realize you're lost when you look up and don't see any blue dots. The first thing you do is look behind you. If you see a blue dot you're on the course and you can continue forward. If you turnaround and don't see a blue dot retrace your steps until you find one. In the end course monitoring responsibilities are yours. Complaints about getting lost will be laughed at. It's important to stay on the trail because some sections go through private land and these landowners should not be bothered, but if confronted, thanked for letting us use their land.

Someone will wait until the end to make sure everyone returns, so it's important if you drop out to make sure the people in charge of this race know you're off the course. At the end and at the half way point food will be provided. Plenty of water is on the course so **drink lots** so you don't puke. Carry a pint of water with you into the woods. We'll let you know how much water is out there at the **prerace briefing to be held at 7:45. Be there, ready to race at that time. Try to register by 7:00AM.**

If this race changed your life and you want to run a dozen more trail races write to Trail Running News, WMAC, PO Box 1517, North Adams, MA 01247. They do the Grand Tree series or punch up runwmac.com. Any Questions about NipMuck call between 8PM and 10PM at 860-455-1096 or punch up Nipmuckdave@wmconnect.com.

Records	Dave Dunham 3:01:51	Masters	Gary Burdick 3:19:15
	Chrisy Cosgrove 3:49:04		
Over 50	Carol Kane 4:55:05	Over 60	Joe Dabes 4:33:35
	Andy Katz 3:40:16	Over 70	Frank Dolen 5:53:52

What did you think of last years race?

Example: I am returning your application for your horrid race. Please take me off your mailing list as I have no desire to risk my life

and health running with you lunatics. It took me three weeks to recover from a badly sprained foot after my last attempt running on your dispicable course. If I wanted to run through jungles and streams I would get a lobotomy and join the Marines-- at least they would give me a gun to shoot at you damn fools. Your application understates the dangers of the trail by about 500%. You are a menace to the running community specifically and decent society in general. Go get bit by some of your beloved wildlife.

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If you want any chance of getting a 2007 application, please print very clearly.

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ EMERGENCY  
CONTACT \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex M F How many times have you done this race? \_\_\_\_\_  
AARP# \_\_\_\_\_

What race are you using to qualify for NipMuck? \_\_\_\_\_ Year \_\_\_\_\_ Time \_\_\_\_\_ DO NOT LEAVE BLANK

In the past year I've seen mud covered maniac trail runners \_\_\_\_\_ Buzzards \_\_\_\_\_ Bear \_\_\_\_\_ Beer \_\_\_\_\_ Beaver \_\_\_\_\_ Moosie \_\_\_\_\_

Blue heron \_\_\_\_\_ Fisher \_\_\_\_\_ Turkeys \_\_\_\_\_ Opossums \_\_\_\_\_ Woodpeckers \_\_\_\_\_ Bunnies \_\_\_\_\_ Buffalo \_\_\_\_\_ Sasquatch \_\_\_\_\_

Swans \_\_\_\_\_ Green glowing eyes \_\_\_\_\_ Skunks \_\_\_\_\_ Porcupines \_\_\_\_\_ Coyotes \_\_\_\_\_ Hawks \_\_\_\_\_ Eagles \_\_\_\_\_ Bobcats \_\_\_\_\_

Foxes \_\_\_\_\_ Deer \_\_\_\_\_ Elves \_\_\_\_\_ Hobbits \_\_\_\_\_ Are you a member of the Willimantic Athletic Club? \_\_\_\_\_

What do you want to eat and drink? \_\_\_\_\_ No Beer No dogs allowed

I wish to enter and participate in the 23rd Annual NipMuck Trail Marathon on May 28th 2006. I agree with the rules regulations and conditions of the event and will comply with them. I attest and verify that I have full knowledge of the risks involved which are but not limited to falls that can immobilize and keep me a few hours from medical attention, expensive medical care and an extended period of time away from work, hazards of vehicular traffic and any other hazards attendant to running or walking along or across roadways. These factors include, among other things the fact I may become injured or incapacitated in a location where it is difficult or impossible for the events management to get required medical aid to me in time to avoid additional physical injury even death. Other factors could be extreme cold, heat, hyperthermia, hypothermia, dehydration, falls due to rugged terrain, uncontrolled runner speed, animals, bees, lack or overabundance of water and mud. Knowing these facts, I nevertheless in consideration of your accepting this entry, hereby for myself, my executors, administrators and heirs do hereby release and discharge David Raczkowski, the towns of Ashford and Willington, the Willimantic Athletic Club, any landowners, sponsors, spectators, the Connecticut Forest and Park Association and all medical and other personnel assisting with this run from all claims, damages, actions or demands whatsoever in any manner, from any and all rights, claims, damages, actions or demands whatsoever in any manner, from any and all rights, claims or liability for damage for any and all injuries to me or my property, or damage caused by anyone else including acts of God arising out of or in connection with officials costs and attorneys fees directly arising from my actions or other proceedings brought by or prosecuted for my benefit contrary to this agreement. This release extends to all claims of every kind and nature whatsoever whether known or unknown. I further attest that I am physically fit and sufficiently trained to participate and assume all risks of such participation. I am aware that this run can be difficult even for a well conditioned athlete under the most favorable conditions. I have run a full marathon or a trail 1/2 marathon in an organized race in the past 5 years. In addition I agree to be responsible for the actions of my crew and any others who are with me. No entry will be accepted without a signature. Race management reserves the right to refuse any entry. No entries accepted without full payment. I understand that entry fees are necessary to meet the costs of preparation and if the run is cancelled because of fire, storm, acts of God or other circumstances beyond the control of management the entry fee will not be refunded. I have read the whole application and release form and understand all of it.

The essence of this release is that the NipMuck Trail Marathon presents extreme and unknown risks for which I freely and voluntarily agree to be solely responsible so that this event can take place and that I may participate in it.

Signature (none under 18!) \_\_\_\_\_ Date \_\_\_\_\_

Licence Plate # (Enter this on race day. Don't come to the registration table without it) \_\_\_\_\_ State \_\_\_\_\_

Bring a gallon of water on race day. Send this release form after reading with 25 dolla (40 dolla if you rich) payable to the Willimantic Athletic Club, to David Raczkowski, P.O. Box 285, Chaplin, CT 06235. Subtract 2 dolla for the senior discount and 1 dolla for every time you have attempted this race, dropouts included. Intelligence should be rewarded. Half that amount if you're a member of WAC. If you can prove you're a race director,(God bless) entry fee is 10 dolla. Any questions call 860-455-1096 between 8 and 10 PM or Nipmuckdave@wmconnect.com  
What did you think of last years race? \_\_\_\_\_

If you choose to do this race be ready to run and be at the prerace briefing at 7:45. We cannot start the briefing until 100% of the runners are present. Some of you may be parking a quarter of a mile from the start so plan accordingly.