

About the High Rock Challenge...

The High Rock Challenge is an adventure run in the Greenbelt Trail System of Staten Island that is roughly ten kilometers in length. Teams consisting of two members must run together at all times and compete in five mystery events which are located throughout the course. Mystery events are designed to challenge and encourage teamwork as well as physical strength. No special gear is necessary to compete.



Last year's challenges brought competitors face to face with a 50 pound sandbag, an 8 foot wall, a word scramble test, a low crawl net and a suspended wire bridge over a murky pond.

Are you ready?

To register online or get more information please visit our website at www.nyara.org

About the Greenbelt...

The Greenbelt is a jewel – an emerald – in Staten Island. As the largest of New York City's five flagship parks, the 2800-acre Greenbelt is home to a legendary 32-mile trail system, portions of which runners will traverse. The trails also intersect roadways, and border traditional parks, such as High Rock and Willowbrook, which are within the Greenbelt.



The Greenbelt Conservancy is a not-for-profit organization that helps maintain the Greenbelt and educate the public about its many resources. This spring, the Conservancy will unveil the new Greenbelt Nature Center at Brielle and Rockland Avenues. Stop by to learn about Greenbelt history and current offerings. During off-hours, log on to www.sigreenbelt.org to download a trail map, view lovely photos of our natural areas, or review the calendar of events.

Greenbelt Conservancy: (718) 667-2165

NYARA is a 501(c) 3 non-profit organization that promotes adventure racing in the New York City metropolitan area. Membership dues are fully tax-deductible.

HIGH ROCK CHALLENGE

In memory of P.O. John Kelly
Benefiting NYARA and The Greenbelt Conservancy



Saturday May 22, 2004

Camp Pouch
1465 Manor Road
Staten Island, NY 10314

Produced by:



www.nyara.org • email: info@nyara.org
phone: 718.727.7552

Visit NYARA's website www.nyara.org to register online at a \$5 discount

**The 4th Annual
NYARA High Rock Challenge**

**Saturday, May 22nd, 2004
RAIN or SHINE!**

- Start times 9:00 - 10:00 AM
- Camp Pouch – Camporee Field
1465 Manor Road
Staten Island, NY 10314

Team Name: _____

Fastest 5K race time for either teammate: _____ min _____ sec Slowest 5K race time for either teammate: _____ min _____ sec

Team Captain Information

2nd Teammate

First Name	Middle Name	Last Name	First Name	Middle Name	Last Name
Mailing Address			Mailing Address		
City	State	Zip	City	State	Zip
Email Address		Phone	Email Address		Phone
Date of Birth mm/dd/yy	Gender Male Female	T-Shirt Size xs s m l xl xxl	Date of Birth mm/dd/yy	Gender Male Female	T-Shirt Size xs s m l xl xxl
<p>Team Category</p> <p><input type="checkbox"/> Boy Scouts (Number _____) <input type="checkbox"/> Masters (over 50 yrs old on race day)</p> <p><input type="checkbox"/> Police / Fire / EMS (Agency _____) <input type="checkbox"/> Open (check if no other category applies)</p> <p><input type="checkbox"/> Military (Branch _____)</p>					

Waiver:

I know that participating in NYARA events is a potentially hazardous activity. By signing this waiver I certify that I am properly trained and have no medical conditions that would prohibit me from participating safely. I agree to abide by any decision of an event official regarding my ability to safely complete the event. I am voluntarily entering the race and assume all risks associated with participating in the event, including, but not limited to, falls, contact with other participants, spectators or others, the effect of the weather, including heat and/or humidity, traffic and the conditions on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release NYARA, The City of New York and its agencies and departments, The Boy Scouts of America, The Greenbelt Conservancy, all event sponsors, and their respective successors, from present and future claims and liabilities of any kind, known or unknown, arising out of my participation in this event or related activities, even though such claim or liability may arise out of negligence or fault on the part of any of the foregoing persons or entities. I grant permission to the foregoing persons and or ordinary entities to use my photographs, motion pictures, recordings, e-mail address or any other record of my participation in this event or related activities for any legitimate purpose without reservation.

Captain's Signature

2nd Teammate's Signature

Parent or Guardian if under 18

Parent or Guardian if under 18

Race Fees

High Rock Challenge Teams Prior to 4/22/04 - \$60 4/23/04 to Closeout - \$68 (enter amount) _____

Are both teammates NYARA members, Boy Scouts or Troop Leaders? If yes, Subtract \$12 _____

Membership #'s _____ Total _____

**Send check / money order to:
NYARA, c/o 48 Monroe Ave, Staten Island, NY 10301**

What should I expect?

1. Expect to have fun!
2. Expect to be challenged. Running through the woods is very different from road running. You will need to be aware of your surroundings and follow trail markers to stay on course.
3. Remember this is a team event. Your partner's weaknesses are now yours. You will need to work together with your teammate to overcome the five mystery challenges.
4. Food, beverages and entertainment will be provided at the finish of the race. Please plan to stay for a while and enjoy the day.
5. There will be a free kids' race after the finish, so bring your whole family.

What should I bring?

1. Race materials provided at the racer bag pickup.
2. Towel, change of clothes, and sneakers, if you plan to stay for a while and have some refreshments.

Registration Procedures:

1. Register online for a \$5 discount at www.nyara.org
2. Team captains will receive an e-mail and snail mail reminder approximately 2 weeks prior to race day with race bag pickup dates, times and locations and instructions for race day.
3. In the confirmation letter you will be given an exact start time according to your team members fastest and slowest 5k race finishes.
4. Race day registration is discouraged, but allowed for an additional \$10 charge.
5. Minors must be accompanied by a parent or legal guardian on race day to sign waivers for participation in the event.