

# DIPPIKILL FROGGY FIVE

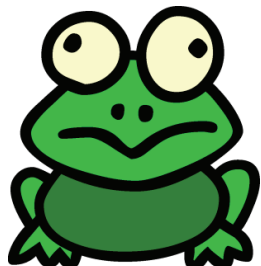
PART OF THE ALBANY RUNNING EXCHANGE GRAND PRIX TRAIL SERIES

9:00am Sunday, July 19, 2009 Camp Dippikill, Warrensburg, NY

\*Held in conjunction with ARE-EP Trail Running Camp\*

## THE QUICK AND DIRTY

Looking for a fun trail race in a beautiful place? Join us for the second "Dippikill Froggy Five", held on the final day of ARE Event Productions' Trail Running Camp. This fun event, part of the popular ARE Grand Prix Trail Series, takes participants to Warrensburg, NY nestled in the southern Adirondacks. As always, participants can expect an ARE-style cook-out following the event with plenty of vegetarian options as well.



## REGISTRATION – \$10

Pre-registration only. There is no day-of registration. Please make checks out to: AREEP. Entries must be postmarked by July 10, 2009. Register online at [www.AREEP.com](http://www.AREEP.com)



## DIRECTIONS

Take the Adirondack Northway (I-87) to exit 23. Follow signs to Route 9 north. Proceed on 9N about 5 miles through Warrensburg, turning left onto Route 28. Continue 5 miles until you cross the Hudson River. You will immediately cross railroad tracks and turn left onto Dippikill Road, Continue 3 miles, you will cross a bridge. A quarter mile later, turn left and cross a second bridge. The Dippikill parking lot is 1 mile up the road on the right.



## LODGING

Limited accommodations are available on-site. Please contact us for availability.

## FOR MORE INFORMATION

Please visit [www.AREEP.com](http://www.AREEP.com) or call 518 320 8648.

Please complete, cut, and return the bottom portion to AREEP, PO Box 38195, Albany, NY 12203

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NAME _____		___/___/___ BIRTHDAY	AGE (ON 7/19/09) ____	<input type="checkbox"/> M <input type="checkbox"/> F
ADDRESS _____		EMAIL _____		
CITY _____		STATE _____	ZIP _____	
PHONE ( ) _____		<input type="checkbox"/> I WANT TO JOIN THE ARE (ADDITIONAL \$10)		
By accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have may have against Albany Running Exchange Event Productions (AREEP), Dippikill Wilderness Preserve, and any sponsors, as well as any person involved with this event. I fully understand that I, or the person I am responsible for, will be subjected to trails that may have uneven terrain, rocks, roots, or other obstacles, but that I am physically fit and have sufficiently prepared for this race. My physical condition has been verified by a licensed medical doctor. I hereby grant full permission for AREEP to use any photos, videos, or any other record of this event for any purpose whatsoever and without compensation.				
SIGNATURE _____		DATE _____	PARENT'S SIGNATURE _____ (IF UNDER 18)	