

Mine Falls Summer Trail Race Series

At 6:30 pm every Monday night from June 11th through August 27th

Series Overview:

A fun, no-frills 10-Week Series scored in two 5-race segments and run from Stellos Stadium along the scenic trails of Mine Falls Park in Nashua, New Hampshire. The 10-Week Series is followed by a "Handicap" race on August 20th where runners are sent off in waves based on their 2007 course PR times from slowest to fastest. Finally, a "Relay" race will be held on August 27th where teams of 3 (for the 5k), or 2 (for the 5 mile) compete against each other as an exciting way to cap off a fun summer of trail running!

The Courses:

The 5k is very flat. The trails are wide and well groomed. The 5mile course is a bit more challenging. It is run on some narrower trails with a more varied terrain of packed dirt, roots & rocks. Both courses will have water stops, will be well marked and will have volunteers directing racers at major intersections.

Entry Fees:

\$2.00 for youth 14 and under, \$3.00 for ages 15-18, and \$5.00 for all others.

Portions of the proceeds from the Series will benefit the Mine Falls Advisory Committee which works to maintain, preserve and improve the natural resources of the park facilities.

Membership applications for the Gate City Striders will be available for those interested.

Awards:

Raffle prizes will be given out weekly to runners (and volunteers) and age group awards will be given at the end of the Series to the top male & female point scorers for each of two 5-race segments in the following divisions: 14 & Under; 15-18; 19-39; 40-49; 50-59; 60-69; and 70+.

The overall Male & Female Champions of the whole 10 race series will win special awards as well.

Scoring:

The overall winner of each race scores 100 points. All other finishers score points on a percentage basis of the winning time divided by their time. For example: if the winner runs 17:30; then a runner finishing in 18:00 scores 96 points; a runner finishing in 20:00 minutes scores 88 points; and a runner finishing in 24:00 scores 73 points.

Directions:

Take exit 5W off the Everett Turnpike (Route 3) in Nashua. Turn right at the first set of lights after the Police Station. The entrance to Stellos Stadium is the first left. Race registration will be in the parking lot to the right of Stellos.

Contact:

For more info (or to volunteer) call Mike at 889-1208 or email mwade@ganekarchitects.com