



DEER FLY

TRAIL RACE



WINONA ADVENTURE RACING

AUGUST 26, 2017

Presented by...  **Fulton**

5K, 10K, or Deerfly Extreme Duo (10K + 5K combined time)

DATE/TIME: SATURDAY August 26, 2017 10K and Duo Start time: 9:00AM 5K Start Time: 10:30AM

START/FINISH: Winona Forest CCC Camp, County Route 90, Mannsville, NY

PREREGISTRATION: Deadline 8/24 Mail entry or use RunReg: <https://www.runreg.com/deerfly>

RACE DAY REGISTRATION: 7:30 A.M. - 8:30 A.M. Add \$5 to registration

COURSE: 5K fast and well maintained. 10K more technical and challenging.

AID STATIONS: Water and Gatorade at mile 2 and approximately mile 5.

ENTRY: 5K \$25 10K \$30 DeerFly Duo \$35 12 and under: \$10 Race Day Add \$5 all categories

DIRECTIONS: Take Rt. I-81 to exit 39, which is the Mannsville Exit. Head East on County Route 90 to stop sign in Mannsville. Go through stop, and continue on East 90 for total of 6 miles.

RACE DIRECTOR: Matt Westerlund **Email:** snowshoerace@gmail.com

AWARDS: 5K Top 3 M/F, 10K Top 3 M/F DeerFly Duo Top 3 M/F Combined Time

Overview: One of the only off road races in the area, the DeerFly offers something for everyone. The 5K course is a well-maintained course on dirt roads, paths, and some single track. Family friendly, walkers are welcomed. The 10K course offers a more technical and challenging course. No walkers please. Are you up for the ultimate challenge? Register for both races, and run the DeerFly Extreme Duo, back-to-back races for a total of 15K. Proceeds from the race donated to the Winona Forest Recreation Association, a 501C non-profit volunteer organization that provides recreational opportunities to our community.

What you get:

- To experience a one-of-a-kind trail race in Winona Forest
- A Commemorative 2017 DeerFly Pint Glass (Must register by August 18)
- DeerFly Duo Registrants receive a short sleeve tech shirt (Must register by August 18)
- Post race awards for top 3 finishers
- Post Race food (hot dog grillin and assorted other items)

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Make checks payable to: Matt Westerlund (All profits donated to Winona Forest Recreation Association)

_____ 5K (\$25) _____ 10K (\$30) _____ DeerFly Duo (\$40) _____ 12 and under 5K (free)

NAME _____ AGE _____ GENDER _____

STREET _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL _____

Tear off the top to keep FYI, and mail completed entry to: Deerfly / Attn: Matt Westerlund / 92 Snyder Rd. / Lacona, NY 13083