



TRAINING RUNS ALONG GREENBELT TRAILS MARCH & APRIL, 2011

Join experienced runners from the Staten Island Athletic Club for training runs leading up to the April 30, High Rock Challenge Adventure Race. The group will leave at 8 am from the High Rock parking lot, 200 Nevada Avenue, Staten Island, NY 10306. Arrive early to learn trail running tips and tactics. Please be prompt.

Note that the final distance and resulting route will be determined by the skill and fitness level of the attendees, Generally - plan on 1 hour of running. The High Rock Challenge Adventure Race takes place along the Greenbelt trail system. Visit sigreenbelt.org or nyara.org to find out about this legendary athletic pursuit.

- Saturday, March 19, 8 am - Leader: by Pete Priolo
- Sunday, March 20, 8 am - Leader: by Mario Ricca Jr.
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- Saturday, March 26, 8 am - Leader: Dan McSwiggan
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- Saturday, April 2, 8 am - Leaders: Mario and Pete
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- Sunday, April 10, 8 am - Leader: by Pete Priolo
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- Saturday, April 16, 8 am - Leader: Mario Ricca Jr.
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- Sunday, April 17, 8 am - Leader: Pete Priolo
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- Saturday, April 23, 8 am - Leader: Pete Priolo

Saturday, April 30 - High Rock Challenge!!!

Information: www.sigreenbelt.org www.nyara.org www.statenislandac.com

Greenbelt headquarters: (718) 667-2165

