

2011 NIRCA Fall Series

The UB Running of the Bulls Invitational

Hosted by the University at Buffalo Running Club

Date	October 8, 2011
Location	SAMPLE: <u>Akron Falls County Park</u> Newstead, New York Directions Course Walkthrough
Race Distance	5k (General Public) 8k (Mens Club) 6k (Womens Club)
Schedule	9 am: Course Open to Walk/Warm ups 10:30 am: Open 5K 12:00 pm Mens 8K 1:00 pm Womens 6K 2:15 pm Awards and Recognition
Registration	Registration closes [October 6, 2011 at 11:59pm]. Register at http://www.clubrunning.org/ (this will be activated with a direct link to registration when you have finished) and email ubrunning@gmail.com
Cost	\$10/runner; \$100/team Make checks payable to University at Buffalo Cross Country and Track Club. Can pay in cash or by P.O. prior to race start
Scoring/Awards	Awards to top 5 individuals
Course	Mostly grass course with some trails and roads. Very hilly with both rolling and steep hills. Men run an extra 2k loop. containing switchbacks, bridges, and a flat starting area. Spikes permitted but not recommended.
Other info	Restrooms: Park Restrooms available Parking: Free in park
Contact	Mike Rossi ubrunning@gmail.com mjrossi@buffalo.edu