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PHOTOS ATTACHED; ATTACHED;
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ADDITIONAL PHOTOS AVAILABLE

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50th Anniversary Keynote Event: Lost Brook Trail Run

Cool Spring Weather at TNC Leave s Lost Brook Trail Runners With a Warm Glow



Phil Germakian (RD) presenting Will Hawkins of Tenafly, NJ with the youngest runner award.



Trail Runners on Tenafly Nature Center's Main Trail during the Lost Brook Trail Run, April 2, 2011.

(Tenafly, NJ, April 2, 2011) 85 runners gathered at 9:00 am on Saturday April 2 to compete in Tenafly Nature Center's (TNC) first 5 and 10 mile trail race through the Lost Brook Preserve. The day dawned bright, cool and clear—runners came from far and wide throughout the tri-state area to participate in TNC's first trail race. Runners encountered rocky terrain and muddy conditions following the race routes through TNC's preserve, using the 7 miles of trails over its 380 acres of hardwood forest and wetlands. The trail race, a new venture for TNC, is one of a monthly series of keynote events held in 2011 to commemorate TNC's 50th Anniversary.

Race Director, Phil Germakian was inspired to resurrect Tenafly's first 5k and 10K "Raccoon Run," sponsored by TNC 25 years ago. He insists it was no coincidence that the year he began trail running, was the same year he worked at TNC as an Environmental Educator. He organized this race to "pay it forward" to introduce others "to the magic of TNC and its trails, the place that helped me develop my two passions in life, teaching and running".

Participants seconded Germakian's enthusiasm, "Loved this race. Beautiful trails and well organized. I will be back again!" noted Jeff Powell from New York, NY. "We went out clean and came back dirty. Fun!" noted Jim Borowski, of Montvale, NJ. The race attracted seasoned runners

and novices. Marc Lovici of New York, NY a newcomer to trail running, is a convert. “It was my first trail race and a great experience. A lot of fun and a nice group of runners. I learned a lot just mixing with others,” he said.

TNC volunteers kindled a fire in the outdoor pavilion and served refreshments to race finishers and supporters. After the awards ceremony, the group listened to some inspirational words by Elizabeth Carrion, Competitive Ultra Runner and Co-founder of Mountain Peak Fitness. Other sponsors included Power Bar, REI, Whole Foods Market and RoadID. Proceeds from the race support TNC’s mission of land preservation and environmental education.

Gramakian plans to make the Lost Brook Trail Run at TNC an annual event, joining Tenafly’s two other Spring running events: the 5 & 10K Rubin Run, on May 9 and Tenafly Educational Fund’s 5K Run and Walk set for June 5.



Phil Germakian, Race Director, at the Starting Line for the Lost Brook Trail Run at Tenafly Nature Center, April 2, 2011.



Father, John Carlton, and his son, Reilly cross the finish line at Tenafly Nature Center’s Lost Brook Trail Run, April 2, 2011.



LOSTBROOK

TRAIL RACE
5 & 10 MILE RUN

Runners waiting for the start signal at the Lost Brook Trail Run at Tenafly Nature Center, April 2, 2011.
April 2, 2011.

FIVE MILE OVERALL WINNERS

1st Male: Andrew Nelson Time: 36:23 Course Record

1st Female: Sarah Rives Time: 43:33 Course Record

TEN MILE OVERALL WINNERS

1st Male: Tyler Gray Time: 1:10:49 Course Record

1st Female: Sawsan Fayad Time: 1:27:59 Course Record

See pdf attachments for 5 and 10 Mile Race Results

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