

LOCUST GROVE FALL TRAIL RACE (5K)

Thursday, September 22, 2011
Race starts at 6:00 PM



Locust Grove is a 19th century 180-acre estate that operates an historic home, museum, and nature preserve; and offers a wide variety of cultural and natural resources for the education and enjoyment of the public. Among the site's many attractions are the gardens, parks, and woodlands that are open year-round, free of charge. In 2011, this historic landscape will be the location for two 5K trail races that will raise funds for the not-for-profit foundation that maintains this local and national treasure.

- The scenic, all-trail course winds along carriage roads overlooking the Hudson.
- Fresh produce from the site's heritage gardens awarded to top three runners in all men's and women's divisions (19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over).
- Refreshments and dinner served to all registered runners. Limit 150 runners.
- Fee: Pre-registration due Sept. 15, \$15 (non-refundable); day of race: \$18 (opens at 4pm)



LOCUST GROVE 2011 FALL TRAIL RACE REGISTRATION *(Complete the following)*

Name _____ Phone _____

Date of Birth (MM/DD/YY) ____/____/____ Sex ____ Email _____

Address _____

* As a registered runner, the meal that follows the race is automatically included in your registration fee. If you would like to order additional meals for family and friends the cost will be \$9 per person.

Registration Fee: \$15 (\$18 after September 15th) \$ _____

T-shirt: \$5/each. Circle size if interested: S M L XL \$ _____

* Extra Meals at \$9 per person \$ _____

Total: Make checks payable to "Locust Grove" \$

Enclose check and mail to: Locust Grove, Attn: Trail Race, 2683 South Rd., Poughkeepsie, NY 12601

I, the undersigned, recognize that competitive running and racing is an inherently dangerous activity that carries a significant risk of personal injury to myself and to other participants. I further recognize that the inherent risks associated with competitive running and trail racing are attributable to various factors including, but not limited to, man-made and natural obstacles and hazards, surface and environmental conditions and risks, my conduct, and/or the conduct of other participants. In consideration of this entry being accepted, I, for myself, heirs, and assigns, hereby waive and release any and all rights, claims, and causes of action that I may have against Locust Grove: the Samuel Morse Historic Site and their respective officers, directors, employees, agents, and volunteers, for injury or damage to my person or property arising out of or relating to my participation in this event. I further agree to indemnify, defend, and hold Locust Grove: the Samuel Morse Historic Site harmless from any and all liabilities, claims, or causes of action arising out of or related to my conduct during the event.

Signature _____ Date _____

Signature of parent (if under 18) _____ Date _____

Locust Grove is located at 2683 South Rd (Rte. 9), Poughkeepsie, NY; 2 miles south of Mid-Hudson Bridge.
Information: (845) 454-4500 www.lgny.org.