



Friends of Little Ones, Inc.  
5142 Route 209, Accord, NY 12404  
(845) 626-4112

The Little Ones Learning Center, a **FREE** non-profit early literacy center for children 0-6 is conducting the **2018 Towpath Run, a 6K (3.7 mile) Race/Walk for Literacy, Sunday, Sept. 23, 2018**. The race will be run point to point from Alligerville to Accord to raise money for the program. Participants will meet at the Accord community center to register from 7:30 a.m. to 8:30 a.m. Runners and walkers will be bussed to Alligerville for the run back to Accord. Walkers will start at 9 a.m., and runners will start at 9:15 a.m.

The race will be run along Towpath Road, a scenic, wooded lane with views of the Catskills, and up the hill from the actual towpath used for ferrying boats along the former D&H Canal. Accord and Alligerville were stops on the canal. **There will be no parking in Alligerville and all runners and walkers will be required to be bussed to the start point from Accord.**

Registration can be completed online by going to <https://runsignup.com/Race/NY/Accord/TowpathRun> or by mail by completing this form and sending to the above address.

Pre-Registration by Sept. 20 - \$18 Day of Race - \$20

Prizes will be awarded to the top finishers in each of the following categories: 14 & under, 15-29, 30-39, 40-49, 50-59, 60 and over, Town of Rochester residents, and walkers. The community center is located a few blocks off Route 209 on county route 27, about six miles south of the intersection of routes 209 and 213 in Stone Ridge and about four miles north of the intersection of routes 44/55 and 209 in Kerhonkson.

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**Read This Completely Before Signing:** Release: I hereby certify that I am adequately fit to run this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I may have hereafter accrue to me or my estate against the Little Ones Learning Center and the Town of Rochester and/or any other sponsors, organizers, volunteers and assigns for any and all injuries or death suffered in the event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: \_\_\_\_\_ Parent (under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: \_\_\_\_\_ Age (Day of Race): \_\_\_\_\_ DOB: \_\_\_\_\_ Race Category: \_\_\_\_\_

Contact in Emergency \_\_\_\_\_ Phone \_\_\_\_\_

T-Shirt Size: S-M-L-XL (circle one) Run or Walk (circle one)

Checks can be make payable to: Friends of Little Ones Inc.  
For more information contact Mary Lee at 845-626-7249 [marylee2440@gmail.com](mailto:marylee2440@gmail.com)