



# 5K Forest Run **Saturday, September 18, 2010** 9:30am.

Cross Country Run/Walk for Family Fun

Kintz Plastics of Howes Cave is the primary sponsor.

Enjoy the spectacular views of the Schoharie countryside at the beautiful Landis Arboretum.

Proceeds to benefit the non-profit Landis Arboretum.

## COURSE

The 5K Run takes you on a tour of the 548-acre public garden. The majority of the race is set among the Arboretum's many trails, ranging from woodlands to fields with rolling hills.

**Registration:** 8-9am. **Race Start 9:30 am**, at the Meeting House.

## DIRECTIONS FROM ALBANY

Take I-90 West to Exit 25-A. Follow I-88 West to Exit 24. Take Route 20 West six miles through Duanesburg to Esperance. Make your first right at the Town Hall onto Charleston Street. Turn right onto Lape Road, and follow the signs to Landis.

## Awards

Prizes awarded to runners in each age group. Male/Female—  
Top in each age group: Under 15, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

## Tot Trot

10:30 AM

## EXPERIENCE LANDIS FOR YOURSELF!

Participate in Arboretum's Perennial Forest Run.

Please complete the registration form below.

Free T-shirts to participants registered by September 1.

Questions? Contact the Arboretum 518-875-6935, Option #2.

Please, no dogs on race day. Thank you.

For more information about the Landis Arboretum, visit us on the web at

[WWW.LANDISARBORETUM.ORG](http://WWW.LANDISARBORETUM.ORG)

## REGISTRATION FORM

Please fill out one form per participant and send with your check payable to: Landis Arboretum, PO Box 186, Esperance, NY 12066

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

Sex \_\_\_\_ Age \_\_\_\_ Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

T-shirt size (circle one) Youth L, Adult S, M, L, XL, XXL Large

Fees received by	9/01/10	Race Day (8:30-9:30am)
Child (under 15)	\$15	\$20
Adult	\$20	\$25
Family*	\$45	\$55
Students	\$15	\$20
Team	Call for rates	

Registration fee enclosed \$ \_\_\_\_\_

**LIABILITY WAIVER AND RELEASE:** I understand the knowledge that running a race is a potentially hazardous activity, and that I should not enter and run unless I am medically able and properly trained and conditioned. I further understand that the course may contain natural hazards, including but not limited to uneven terrain, rocks, tree branches, roots, and wet and slippery conditions. I assume all risks associated with running in this event, including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity. Having read this waiver and knowing these facts, and in consideration of the Landis Arboretum accepting my entry, I hereby waive any claims for damages resulting from my participation in this event, and release the Landis Arboretum, its representatives, successors and assigns for any and all injuries that arise from my participation in this event. I hereby consent to the use of my name, photograph and/or likeness in connection with my participation in this event.

Signature: \_\_\_\_\_

N.B. For the safety of all, dogs are not allowed on the course. Parent/Guardian Signature (if under 18)

Signature: \_\_\_\_\_

\*Family Rate applies to all family members living in the same household. Each family member must fill out a separate application form.