

# LOCUST GROVE SUMMER TRAIL RACE (5K)

## THURSDAY, AUGUST 5, 2010 (6:00 PM)

Locust Grove, the Samuel Morse Historic Site, is a National Historic Landmark that offers a wide variety of cultural and natural resources for the education and enjoyment of the public.

Among the many attractions at this 19<sup>th</sup>-century estate are the beautiful gardens, parks, and woodlands that are open to the public, year-round, free of charge. In 2009, 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 organic produce from the site's heirloom vegetable garden will be awarded to the top three runners in all men's and women's divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over. Refreshments and dinner will be served to all registered runners. Limit 150 runners. Pre-registration fee: \$15 non-refundable (due by July 29<sup>th</sup>), day of race fee: \$18 (4:00 – 5:30 PM). Locust Grove is located on Rte. 9 in Poughkeepsie, NY, two miles south of the Mid-Hudson Bridge. **For information:** (845) 454-4500 x 17, [u.morgan@lgn.org](mailto:u.morgan@lgn.org) or visit [www.lgn.org](http://www.lgn.org).



### LOCUST GROVE SUMMER 2010 TRAIL RACE REGISTRATION *(Complete the following)*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Date of Birth (MM/DD/YYYY) \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex \_\_\_\_ Email \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

*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 July 29<sup>th</sup>) \$ \_\_\_\_\_

T shirt: \$5/shirt (guaranteed to pre-registered runners; as available day of race)

Size (circle 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 \_\_\_\_\_