

Peoples's Forest 7-Mile Trail Run

10th Annual

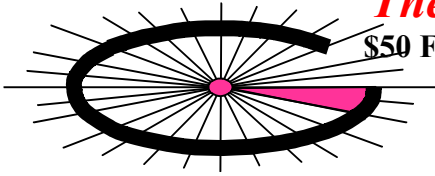
Selected as part of the 2009 New England Grand Tree Series

The USATF/CT Trail State Championship

\$50 For First Male (3) and Female (3) USATF/CT Team Championship

Saturday, August 1, 2009

9:00 AM



Greystone Electronics

The easiest part is the first and last 400 meters.

Where: Registration, start, & finish located behind the Matheis Grove Pavilion on East River Rd, **Barkhamsted, CT.**
Start up the Blue, join Yellow at about 2.5, continue on Yellow to the Orange at about 5.5, back to Blue and finish.

Facilities: There is a State Park entry fee (\$7.00in/\$10.00 out-of-state). Restrooms! We have mile marks, an unmanned water station, digital timing, and computer results by Greystone Electronics. Swim in the refreshing Farmington River.

For info: contact, Greystone at: www.greystoneracing.net

Awards:(must be present to win)

Awards to the top 3 male and female overall and to the top male and female finishers in these divisions(no duplicates):

Youth (10 min.-14)

Teen(15-19)

Open(20-29)

Submaster(30-39)

Master(40-49)

Grandmaster(50-59)

Senior(60 and up)

Course Records: Open Men = 44:32 by Marc Robaczynski in 2008.
Masters Men = 48:34 by Mark Hixson in 2006.

Open Women = 58:21 by Abby Woods in 2007.
Masters Women = 60:20 by Cheryl Cunningham in 2007.

Entry Fees(non-refundable): \$7.00 on or before July 27, 2009.

\$10.00 for everyone after July 27, 2009.

This is also a potluck celebration, each runner is asked to bring some food and/or beverage to share with the group!

Directions: Located in the northwest corner of Connecticut; Route 44 east from Winsted to Route 318 east to Pleasant Valley; or Route 44 west from New Hartford to Route 181 north to Pleasant Valley. Cross the river in Pleasant Valley and proceed north on East River Road.

Please PRINT (CLEARLY!):

Please enter me in the 2009 People's Forest 7-Mile Trail Run

Name: _____ Date of Birth: _____ Age(on 8/1/09) _____ Sex: M F

Address: _____ City: _____ State: _____ Zip: _____

Phone No. _____ Email: _____ USATF/CT Club _____

In consideration of this entry being accepted. I do for myself, or any person or concern who may, on my behalf, hereby hold harmless and release Greystone Electronics, the Town of Barkhamsted, the State of Connecticut, the Hartford Track Club, all sponsors, volunteers, and race officials from any and all claims for personal injury, damages arising out of, or connected with, my participation in this event. I also understand that the course is open to normal vehicular traffic during the race, as well as other risks, including, but not limited to, falls, contact with other participants, the effects of weather, and the conditions of the course. I am physically fit and I assume responsibility for my own safety.

Signature: _____ Date: _____ Amount enclosed: _____

(Of parent or legal guardian if under 18)

Make Checks payable To: **Greystone Electronics**

119 Harmony Hill Road
Harwinton, CT 06791

Rev.0WG09

Thank you to The Hartford Track Club
for their support.