



11th Perennial 5K Forest Run!

Saturday, August 19th, 2017
Cross Country Run/Walk – 9AM Race Start!

Held at Landis Arboretum, 174 Lape Rd, Esperance, NY 12066 ~ GPS 42.784850, -74.270754

Enjoy spectacular views of the Schoharie countryside at beautiful Landis Arboretum

Proceeds benefit Landis Arboretum's Environmental Education Programs.



A [Route 20 Road Challenge Series](http://nyroute20.com/events/2017-road-challenge) event! - nyroute20.com/events/2017-road-challenge

Registration and info available at <http://tinyurl.com/2017forest5k>

Questions? Contact the Arboretum (info@landisarboretum.org or 518-875-6935) or David Roy (315-427-3856)

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

Awards - Overall Male and Female, 1st Male & Female in each age group: Under 9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+ and Team.

Shirts - T-Shirts guaranteed for participants registered by August 7st.

Please, no dogs on race day!

Early Registrations must be received by 8/7/2016. Race Day Registration - from 7:30AM on - at the Meeting House
 Please fill out one form per participant and send with your check payable to:

Landis Arboretum, PO Box 186, Esperance, NY 12066

Name						
Street address						
City				State	Zip	
Gender	Age	/ /	Date of birth	Phone		
Email						
Part of a team?		No	Yes	Include team name:		
T-shirt size (circle one)		Youth		Adult		
		L	S	M	L	XL
						XXL

Fees received by:	Aug 7	Race Day
Child (under 15)	\$15	\$20
Adult	\$20	\$25
Family*	\$45	\$55
Students	\$15	\$20
Seniors 65 - 79	\$15	\$20
Seniors 80 and better **	Free	Free
Teams – 3 to 5 members (only the top 3 score). ***	***	NA

Total Enclosed: \$ _____

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

**80 and better runners running free still must complete an application.

***Team members each must complete a separate application and pay individually according to their category.

Liability Waiver and Release: I understand that running a race is a potentially hazardous activity, and that I should not enter or 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 roots, branches, and wet slippery conditions. I assume all risks associated with running 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 and its 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.

Entrant's Signature _____ Parent /Guardian Signature (if under 18) _____