



# 9<sup>th</sup> Perennial 5K Forest Run!

Saturday, August 8<sup>th</sup>, 2015

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/races.asp) event! - <http://nyroute20.com/races.asp>



Registration and info available at <http://landislive.weebly.com/the-landis-perennial-forest-5k.html>

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

**Course** - The 5K run takes you on a tour of the more than 300-acre 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 15, 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 1<sup>st</sup>.

***Please, no dogs on race day!***

Early Registrations must be received by 8/1/2015. 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							Fees received by:			Aug 1	Race Day	
Street address							Child (under 15)			\$15	\$20	
City				State		Zip		Adult			\$20	\$25
Sex		Age		Date of birth			Family*			\$45	\$55	
Phone			Email				Students			\$15	\$20	
Part of a team?		No	Yes	Include team name:				Teams - 5 member (Each member must complete a form)			\$75	NA
T-shirt size (circle one)		Youth		Adult				Total \$ Enclosed:				
		L	S	M	L	XL	XXL	* Family Rate applies to all family members living in the same household. Each Family member must fill out a separate application form.				

**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) \_\_\_\_\_