



To benefit the Essex County Trail Association – help us to preserve and maintain the beautiful trails in our communities!

5th Annual 5 Mile and 10 Mile "Run for the Trails"

Saturday, October 24, 2009, 11:00 am
Devon Glen Farm, 482 Bay Road, Hamilton, MA

Last year was so beautiful we thought we would do it again!
Please come and enjoy some of the beautiful, privately owned trails
that will only be made available for this fifth annual trail run!

Entry Fees (Must be post marked by October 15)
5 Miles - \$20.00 or \$25.00 post-entry
10 Miles - \$25.00 or \$30.00 post-entry

T-Shirts are available for the first 75 entrants. Post race refreshments will be available and prizes will be awarded to Age-Group Winners.

Youth (under 20) Open (20-39) Masters (40+)

Sponsors: Gold – Institution for Savings
Silver: EBSCO, Brinck Lowery, New England Running Company/Salomon Sports
First National Bank of Ipswich, Manchester Athletic Club

____ *I am interested in becoming a Member of the ECTA. Please send me Membership details.*

Please send entry fees and completed applications to: Essex County Trails Association, 199 Argilla Road, Ipswich, MA 01938 - Phone: 978-356-5070. Please make checks payable to the ECTA.

In consideration of this entry being accepted, I do hereby waive and release the race organizers, sponsoring organizations and companies and their agents, land owners, representatives and successors and the town and the state where the event is being held from all claim of action which I may at any time acquire as a result of my participation in this event. I understand this is a potentially dangerous activity and have trained sufficiently and understand the inherent risks involved.

Name _____ Age _____ 5 Mile _____ 10 Mile _____

Street _____ Town _____ Phone _____ Email _____

Signature _____ Date _____

Parent or Guardian Signature if under 18: _____