

HOLIDAY NIGHT RUN/WALK AT FREESTYLE FARM

SATURDAY DECEMBER 10, 2011



Presented by the Amherst Track and Field Club, Town of Amherst
Recreation Dept and Hosted by Freestyle Farm L.L.C.

ON THE NIGHT OF THE FULL MOON

JOIN US FOR AN INFORMAL RUN/WALK ON THE TRAILS AT FREESTYLE FARM

Time: 5:00 PM TO 7:00 PM (moon rise is 2:50 PM)
Place: Freestyle Farm, End of Mack Hill Road in Amherst, NH
Participation: Open to anyone of any age who wishes to run or walk the trails under the full moon
Entry Fee: **NONE** - just show up (Anyone making a \$10 or more donation to **Cystic Fibrosis Foundation, Northern New England** will receive a long sleeve shirt - while supply lasts)
Waiver: All participants are required to sign the waiver below.

EVENT INFORMATION

The night run/walk will be run on the groomed trails at the Freestyle Farm equestrian center. The trails surround a 20+ acre pond and the surfaces are grass and dirt with excellent footing. The perimeter trail will be marked. Most of the terrain is gently sloping with a series of short hills. There are no paved surfaces and no vehicles on the course. Running, walking or hiking shoes recommended. Pets are permitted but **MUST** be leashed at all times. Headlamps are recommended. No bicycles or motorized vehicles permitted. All activities at Freestyle Farm are carry in - carry out. Please respect the property.

Freestyle Farm is a private equestrian facility that is not open to the general public. Trail maps for this event can be downloaded from: www.amherstrack.org

All donations benefit Cystic Fibrosis Foundation, Northern New England

Questions: George Bower - Track@Amherstrack.org

DETACH AND BRING TO THE EVENT

OPEN HOLIDAY NIGHT RUN/WALK AT FREESTYLE FARM

SATURDAY DECEMBER 10, 2011

Please Print

Name: _____ Age: _____ Sex: M F

Address: _____

City: _____ State: _____ Zip: _____

Email (optional - used exclusively to inform you of other events): _____

I understand that participation in this night run/walk is a potentially hazardous activity which could result in injury and death and that I should not run/walk unless I am medically able and properly trained. I assume all risks associated with my participation in this event, including but not limited to falls, contact with other competitors, the effects of weather, conditions of the running surface, all such risks being known and appreciated by me. I agree to abide by any decisions of the event officials relative to any aspect of my participation in this event. I understand that bicycles, skateboards, roller blades and similar devices and motorized vehicles are not allowed in this event or on this course. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Town of Amherst, Freestyle Farm, L.L.C., the organizers of the event and their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all foregoing to use any photographs, motion pictures, recording or other record of this event for any legitimate purpose.

Signature (parent if participant is under 18) _____

Date: _____

DIRECTIONS TO FREESTYLE FARM 188 MACK HILL ROAD, AMHERST, NH

ON MACK HILL ROAD:

Go approx. 2.1 miles up Mack Hill Road and just after Austin Road on the Right, Mack Hill turns RIGHT. Go 1.25 miles until the surface turns to dirt. Go approx. 200m on the dirt road - the parking entrance is on the left. The entrance for bus parking and handicapped parking is another 300m on the left and past the Freestyle Farm main entrance (188 Mack Hill Road).

DIRECTIONS TO AMHERST, NH

1) From the South and I-93:

Take I-93N to NH and take exit for I-293 N and RT-101W. Follow RT-101W approx. 5.5 miles to the intersection with RT-114 where RT-101 turns left. Proceed approx. 9.5 miles on RT-101 through Bedford to the RT-122 - Baboosic Lake Road exit. Take the Baboosic Lake Road/RT-122 exit. Coming from the East turn Right at the end of the exit and immediately go straight on Manchester Road. Go approx. 250m to the stop sign, turn Left staying on Manchester Road. Go another 400m to the next stop sign (T intersection) and turn Right. You are now on Mack Hill Road.

2) From the South and RT-3:

Follow RT-3 to NH and take Exit 8 for Amherst/Milford. Follow the Exit 8 interchange road to RT-101A-West. Follow RT-101A-West for approx. 6 miles to Milford and RT-101-East. Take RT-101-East toward Manchester/Amherst. Follow RT-101-East for 2.9 miles and take the second RT-122 exit (Baboosic Lake Rd), turn Left at the end of the exit and cross over RT-101, then straight on Manchester Road. Go approx. 250m to the stop sign, turn Left staying on Manchester Road. Go another 400m to the next stop sign and turn Right. You are now on Mack Hill Road.

3) From Vermont and the North:

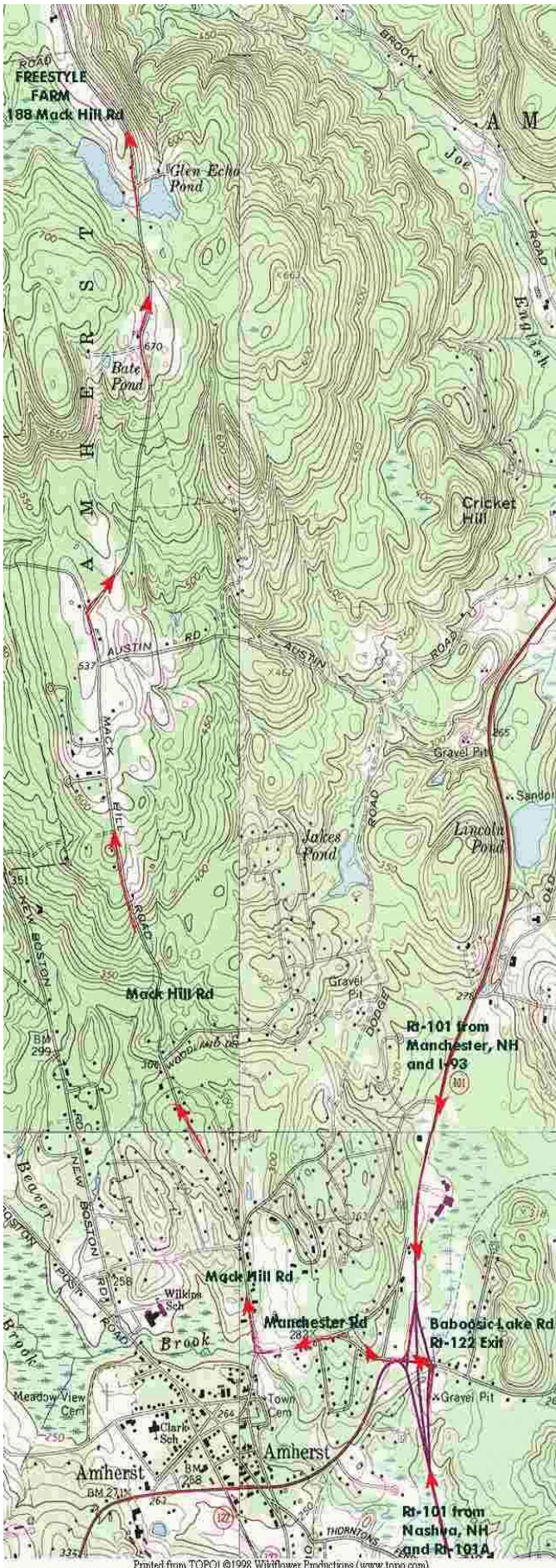
From Vermont take I-89-South to Concord, NH and I-93-South. Take I-93-South to I-293-South through Manchester and take the exit for RT-101-West. Follow the directions in 1) above.

4) From the East:

Follow RT-101-West to Manchester and I-93-South. Take exit for I-293 and Rt-101- West. Stay on RT-101-West and follow the direction in 1) above.

5) From Southern Vermont and the West

Take RT-9 from Vermont to Keene, NH and follow RT-101-East to Milford/Amherst. Follow the directions on RT-101 as in 2) above.



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