



**First Annual**  
**5K for Farmland**

**Sunday**  
**October 18, 2009**  
**10:00 a.m.**  
**Hadley, MA**



**5K Road Race and 2 Mile Walk (Rain or Shine)**  
**to Benefit The Kestrel Trust and Commemorate Hadley's 350<sup>th</sup> Anniversary**

***Prizes***

Merchandise PRIZES for all Age Group winners

***Special Prizes for Local Runners and College Students***

***Age Group Divisions & Prize Categories***

**Age Group Divisions:**

Under 19    40-49  
20-29      50-59  
30-39      60-69  
              70 plus

**Local Runners Division:**

Prize for the fastest male and female runners from Hadley.

**Local College Student Division:**

Prize for the fastest male and female local college students.

***Course Description***

The 5K Run and 2 Mile Walk starts and ends on the historic West Street Common in Hadley, MA, and runs through the scenic farmlands of the Great Meadow. Flat course.

**Post-Race party on the Common (open to all runners and walkers)**  
**includes locally grown food and live jazz music performed by Illiterati !**

***Entry Fees (Runners and Walkers)***

**\$18 until September 30 - \$20 October 1 through race day**  
**(race-day registration IS available)**

**Special family price: \$40 for 2 parents and any number of children under 18**  
**Stainless Steel Water Bottles with Logo for All Entrants While Supplies Last**

## To Register

Complete this registration form or go to

[www.kestreltrust.org/5k](http://www.kestreltrust.org/5k) OR [www.sugarloafmac.org](http://www.sugarloafmac.org)

(online registration ends on October 15)

### About The Kestrel Trust

Founded in 1970, The Kestrel Trust is a non-profit regional land trust protecting farms and forests in the Pioneer Valley. For more information, check out [www.kestreltrust.org](http://www.kestreltrust.org).

### Organized by



### Directions to the Start

**Coming from Route 9 West** – From the center of Amherst, follow Route 9 West for approximately 4.5 miles, then turn right onto West Street.

**Coming from Route 9 East** – From the Coolidge Bridge (crossing over the Connecticut River), proceed approximately 1 mile along Route 9 East, then turn left onto West Street.

Parking will be along the Common.

### For More Information

Contact Donna Utakis at [DonnaUtakis@yahoo.com](mailto:DonnaUtakis@yahoo.com)

or David Martula at [David@Martula.com](mailto:David@Martula.com) or 413-586-8002

OR check out The Kestrel Trust web site at [www.kestreltrust.org/5k](http://www.kestreltrust.org/5k).

## ENTRY FORM – First Annual 5K for Farmland to Benefit The Kestrel Trust

Complete all sections and mail to: **Sugarloaf Mountain Athletic Club, PO Box 379, Hadley, MA 01035**  
**Make checks payable to The Kestrel Trust**

**(\$18 through September 30, \$20 starting October 1, \$40 family rate\*)**

**\*If registering your whole family (Parents + kids under 18), please complete one entry form per family member.**

**I AM REGISTERING FOR (CIRCLE ONE) :      5K RUN      2 MILE WALK**

**LAST NAME** \_\_\_\_\_ **FIRST NAME** \_\_\_\_\_

**GENDER** \_\_\_\_\_ **AGE on race day** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

In signing this entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights to claim for damages and liabilities in case of death or injury received during participation in the race that I may have against anyone sponsoring, sanctioning, or managing this race. If the runner is under 18, this form must be signed by a parent or legal guardian.

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_