



Friends of Little Ones Inc
5142 Route 209 Accord, NY 12404
(845)626-4112

The Little Ones Learning Center, a non-profit free early literacy center for children 0-6, is conducting the **2009 Towpath Run, a 6K (3.7- mile) Race/Walk for Literacy, Sunday, Oct. 4**. The race/walk will be run point to point from Alligerville to Accord to raise money for the program. This year the Towpath Run/Walk has been chosen to be one of the races in the Onteora Runners Club Grand Prix Series.

Runners and walkers will meet at the Accord Community Center to register from 7:30 a.m. to 8:30 a.m. Runners and walkers will be bussed to Alligerville for the run back to Accord. Walkers will start at 9 a.m., runners at 9:15 a.m.

The race will be run along Tow Path Road, a scenic, wooded lane with views of the Catskills, and up the hill from the actual towpath used for ferrying boats along the former D&H Canal. Accord and Alligerville were stops on the canal, and the race/walk is part of a heritage celebration Oct. 2-4 in the Town of Rochester. **There will be no parking in Alligerville and all runners and walkers will be required to be bussed to the start point from Accord.**

Pre-Registration by Sept. 29- \$15 Day of Race - \$20

Prizes will be awarded to the Top Three male and female finishers in age groups: 14 & under, 15-19, 20-29, 30-39, 40-49, 50 and over, Town of Rochester residents, and walkers. The Community Center is located a few blocks off Route 209, about six miles south of the intersection of routes 209 and 213 in Stone Ridge and about four miles north of the intersection of routes 44/55 and 209 in Kerhonkson.

Read This Completely Before Signing: Release: I hereby certify that I am adequately fit to run this race. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I may have hereafter accrue to me or my estate against Friends of Little Ones, Inc. and the Town of Rochester and/or any other sponsors, organizers, volunteers and assigns for any and all injuries or death suffered in the event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: _____ Parent (under 18): _____

Print Name: _____ Phone Number: _____

Address _____ City: _____ State: ____ Zip: _____

Sex: ____ Age Day of Race: ____ DOB: _____ Race Category: _____

Contact in Emergency _____ Phone _____

T-Shirt Size: S-M-L-XL (circle one) Run or Walk (circle one)

Checks can be make payable to: Friends of Little Ones, Inc.

And sent to: 5142 Route 209, Accord, NY, 12404

For more information: Contact Bond Brungard at 845-626-5670 or towpathrun@gmail.com