

20th Annual

To Benefit the



MONMOUTH CONSERVATION FOUNDATION  
Celebrating over 30 years of preserving space.

# Indian Trails 15k Road Race & 3 Mile Run/Walk

Sunday April 5, 2009 - 9:00 AM start *All events*  
Staged at Croydon Hall, Leonardville Rd, Middletown, NJ (Rain or Shine)

A Challenging Race through the Scenic Hills of Navesink Course: Roads & Dirt Roads. Not a X-Country Race. **Great Warm-up for The Boston Marathon or The New Jersey Marathon. Port-O-Johns WILL BE AVAILABLE in 2009!**



**Directions:** GSP exit 117 to Route 36 East towards Sandy Hook, Approx. 8 miles to Leonard Ave exit (just passed the Academy Bus terminal), make right, 1 block to Leonardville Rd, make left, look for entrance to Croydon Hall

Registration Begins 7:15am

Check out the website for course description and lots of photos of one of the most scenic courses in NJ

15K Only

**15k Awards** 1-3rd overall Male & Female, 1-3 in each age groups - 19 & under, 20-24, 25-29...60-64, 65-69, 70-74, 75-79, 80 & up, Clydesdale (male 190 lb & up) & Athena (female 150lbs & up) 1-2

**3 mile Run Awards** 1-3rd Overall Male & Female, 1-3 in each age groups - 19 & under, 20-29, 30-39, 40-49.....60-69, 70-74,75-79, 80 & up, Clydesdale (male 190lb & up) & Athena (female 150 lbs & up) 1-3rd

**Entry Fees 15k, 3mile Run/Walk or Online No Extra Fee's**  
Pre-Registration (Received by March 26) **\$21.00**  
(USATF-NJ Members 15k only-\$2.00 discount Pre- Registered only) **\$19.00**  
Sandy Hookers Club Members (Join Club Below) **\$17.00**

**All Post Registration** postmarked after March 26 & race day **\$26.00**

**Water Stops** mile 2•4•6•8 (1.5 on 3 mile run) *approx.*

*Additional On Line Applications, Photos & info available at Indian Trails Website* **Please do not mail entries after April 1, 2009**

**www.sandyhookers.org/it** *No confirmation of entry will be sent*

Register On-Line at:

**www.RaceForum.com/Indian**

Make check payable to: SHTC

Mail to: SHTC, PO Box 186, Red Bank, NJ 07701

**Same Price! No Extra Fee's!**

Please Print Information Below Indian Trails Footrace Race Entered (check one) 15k \_\_\_ 3 mile run \_\_\_ 3 mile walk \_\_\_

Last name \_\_\_\_\_ First \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ St \_\_\_ Zip \_\_\_\_\_

Age on race day \_\_\_\_\_ DOB \_\_\_\_\_ Phone # \_\_\_\_\_ Male \_\_\_ Female \_\_\_

2009 USATF-NJ # \_\_\_\_\_ Check if applicable: Clydes/Athena \_\_\_ t-shirt size M L XL 2XL  
(Required for USATF-NJ Grand Prix Scoring)

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against The Sandy Hookers Triathlon club, The Middletown Township Recreation Commission, Middletown Township, the representatives, successors or assigns of these organization, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

(Parent if under 18 years old)

I want to donate to the Monmouth Conservation Foundation in addition to or in lieu of my entry \$ \_\_\_\_\_

FOR MORE INFORMATION

E-MAIL - [raceinfo@sandyhookers.org](mailto:raceinfo@sandyhookers.org)

TOTAL Amount enclosed \_\_\_\_\_

Quality 100% cotton T-shirts, Water Bottle and lots of other amenities in race packet

to all Pre-Registered. Post registration not guaranteed. **Great Food Spread after race.**

**Online Registration available at [www.RaceForum.com/Indian](http://www.RaceForum.com/Indian) (no extra fee's)**