

# AMHERST TRACK CLUB X-C FESTIVAL

## SUNDAY NOVEMBER 8, 2009



Presented by the Amherst Track and Field Club and Hosted by Freestyle Farm L.L.C.

### XC RACES 3k-4k-5k Youth & 5K Open/Masters

Site of the 2009 USATF New England Junior Olympic XC Championships on Sunday November 15

Time: 9:30 - 11:30 am XC Racing Clinic  
 12:00 noon 3k Youth (12 and under)  
 12:30 pm 4K Youth (13-14)  
 1:00 pm 5k Youth (15-18)  
 1:30 pm 5k Open, Masters

Place: Freestyle Farm, End of Mack Hill Road in Amherst, NH

Registration: Pre-entries Requested - Race Day 10:30 AM to noon for youth races

Entry Fee: Pre-entries (received by Nov 5) Youth Races - \$5  
 Race Day Youth Races - \$7  
 (Checks payable to: Amherst Rec. Track and Field)

Prizes: Medals to all participants in 3k/4k/5k XC races  
 T-Shirts to clinic participants only.

Facilities: Bathrooms, no changing facilities.

Web Site: [www.amhersttrack.org](http://www.amhersttrack.org)

#### XC RACING CLINIC

The XC Racing Clinics will be presented by a group of experienced cross country coaches and are open to youth, adult runners and coaches. Participants will work in small groups and cover information on equipment, warm-up, race preparation, XC racing strategy and course tactics. Most activities will take place on the Freestyle Farm XC courses with technical instruction on running hills, turns, different surfaces, routing, pacing and pace changes. The clinic fee includes a shirt and race entry. Day of event registration for clinic only if space is available.

#### COURSE INFORMATION

The Amherst Track Club Cross Country Festival races will be run on groomed courses at the Freestyle Farm equestrian center. The trails surround a 50+ acre pond. The trail surface is grass and dirt with excellent footing. Most of the terrain is gently sloping with a series of short hills. There are no paved surfaces and no vehicles on the course. XC racing shoes or XC spikes recommended. Freestyle Farm is a private equestrian facility that is not open to the general public. Course maps can be downloaded from: [www.amhersttrack.org](http://www.amhersttrack.org)

All proceeds benefit youth track and field programs of the Amherst Track Club.

Questions: George Bower - 603-673-4454, [Track@Amhersttrack.org](mailto:Track@Amhersttrack.org)

DETACH and Mail with Entry Fee to: Amherst Track and Field, PO Box 960, Amherst, NH 03031

Please Print

Name: \_\_\_\_\_ Age: \_\_\_\_\_ (as of 12/31/09)

Sex: M F USATF Number: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email (for results): \_\_\_\_\_

Registration Information (check appropriate boxes)		Pre-Post Entry Fee
Date of Birth: / /		
<input type="checkbox"/> 3K Youth XC		\$5 pre -\$7 post
<input type="checkbox"/> 4k Youth XC		\$5 pre -\$7 post
<input type="checkbox"/> 5k Youth XC		\$5 pre -\$7 post
<input type="checkbox"/> 5K Open/Masters		\$7
<input type="checkbox"/> XC Racing Clinic (includes race entry fee and shirt)		\$25 pre - \$30 post if space available

I understand that running a cross country race is a potentially hazardous activity which could result in injury and death and that I should not run 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 race officials relative to any aspect of my participation in this event. I understand that bicycles, skateboards, roller blades and similar devices 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 under 18) \_\_\_\_\_

Date: \_\_\_\_\_

## DIRECTIONS TO FREESTYLE FARM ON MACK HILL ROAD IN 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 200m on the left at 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.

USATF- NEW ENGLAND JUNIOR OLYMPIC CHAMPIONSHIPS  
[WWW.USATFNE.ORG/CROSS](http://WWW.USATFNE.ORG/CROSS)  
NOVEMBER 15, 2009

HOSTED BY  
AMHERST TRACK AND FIELD CLUB  
FREESTYLE FARM, LLC  
[WWW.AMHERSTTRACK.ORG](http://WWW.AMHERSTTRACK.ORG)

