

## Registration Form

Name: \_\_\_\_\_

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

Phone: \_\_\_\_\_

Age: \_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_

Email: \_\_\_\_\_

### Online Registration:

www.hebronct.com

**Fees: Individual-** \$25 pre-registration  
\$30 after October 26, 2009

**Relay Team-** \$45 per team  
\$50 after October 26, 2009

### Name of Relay Team

### List each participant

1st leg: \_\_\_\_\_

2nd leg: \_\_\_\_\_

3rd leg: \_\_\_\_\_

### Divisions (Please Check)

Junior, ages 13 and under

High School, ages 14-18

Open, ages 19-29

Sub Masters, ages 30-39

Masters, ages 40-49

Grand Masters, ages 50-59

Super Masters, ages 60+

Men's Relay

Women's Relay

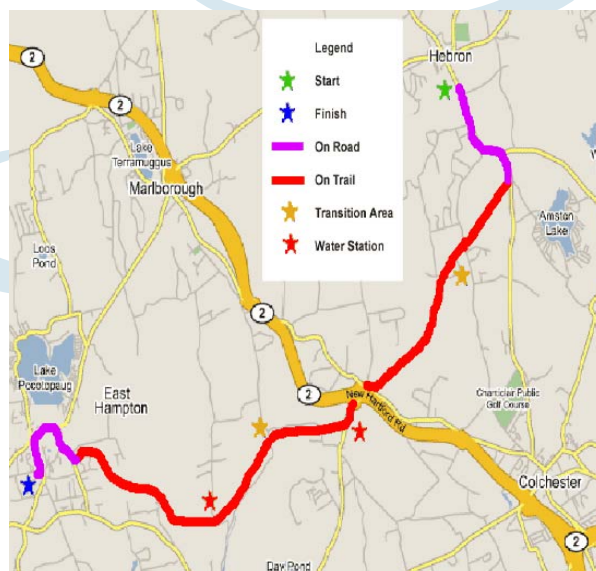
Co-Ed Relay

Have you run this race before? \_\_\_\_\_

### Limited Liability

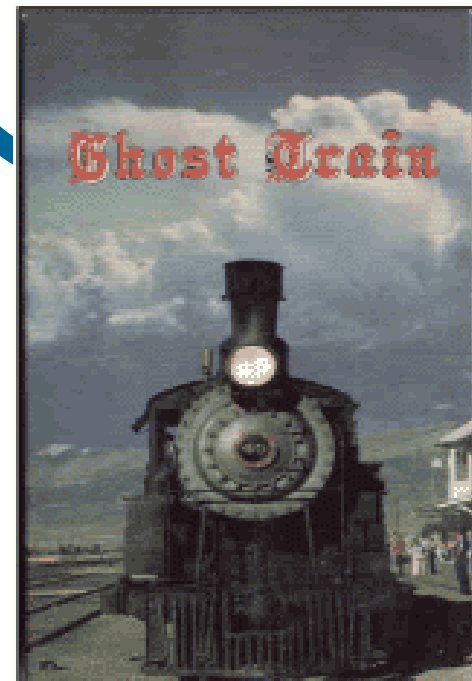
I hereby give permission for the above named person to participate in the Air Line Trail Ghost Run/Relay. I certify that I/he/she is in good health. I have listed any allergies, conditions, and/or medications with which the program personnel should be aware. I further authorize the personnel to act for me according to their best judgment in any emergency requiring medical attention in the event that I cannot be located or cannot make such a decision. The Parks and Recreation Department does not provide accident insurance. In case of injury, I understand that I am responsible for all financial liabilities. I understand that, by the nature of this activity, I/my child may become injured which may lead to disability or even death.

**COURSE:** The race begins at Hebron Elementary School located on Route 85. Runners will run south on Route 85 and pick up the Air Line Trail behind Route 85 Lumber. The race continues on the Air Line Trail through Colchester and into East Hampton. At the Trail Head runners will turn right onto Smith Street, left onto Flanders Road, and down Summit Street finishing at the back of the Center Elementary School. Shuttle Buses will be available for all the runners in each direction. The trail is flat and is surfaced with packed crushed stone.



**Why the name "Ghost Run":** In 1891 the New England Limited Railroad Co. purchased two plush Pullman luxury cars painted white with gold trim. The remainder of the train was white washed and the engine crews and staff were dressed in white overalls. The "White Train" became an instant success, carrying businessmen and the wealthy between Boston and New York. For people watching the locomotive and cars speeding through their towns, the train became known as the "Ghost Train".

7th Annual Air Line Trail  
Ghost Run/Relay  
13.1 Miles



Saturday November 7, 2009

9:00 a.m.

## INFORMATION

### Date

Saturday, November 7, 2009

### Time

9:00 AM Start

### Start

Hebron Elem. School,  
Hebron CT

### Finish

Center Elem. School,  
East Hampton, CT

### Onsite Registration

7:30-8:30 AM

### Registration

Forms may be brought to any of the four sponsoring recreation departments, or mailed to:

Hebron Parks and Recreation  
15 Gilead Street  
Hebron, CT 06248

Make checks payable to:  
Town of Hebron

### Register online at:

[www.colchesterct.gov](http://www.colchesterct.gov)

### Fees

#### Individual

\$25.00 Pre-registration  
\$30.00 after October 26,  
2009

#### Relay Team

\$45.00 per team  
\$50.00 after October 26, 2009

### Contact Information

East Hampton: 860-267-6020  
[smullen@eathamton.org](mailto:smullen@eathamton.org)

Colchester: 860-537-7297  
[cwoodside@colchesterct.gov](mailto:cwoodside@colchesterct.gov)

Hebron: 860-228-5971

[jredmond@hebronct.com](mailto:jredmond@hebronct.com)

Marlborough: 860-295-6203  
[parkandrec@marlborough.k12.ct.us](mailto:parkandrec@marlborough.k12.ct.us)



## DIVISIONS

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High School, ages 14-18

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Grand Masters, ages 50-59

Super Masters, ages 60+

Men's Relay

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Co-Ed Relay



**Shuttle Buses:** If taking our shuttle bus service we ask that you park at the finish line, Center Elementary School, Main Street, East Hampton and take the shuttle to the start, Hebron Elementary School for check in or registration. Shuttles will run every 15 minutes beginning at 7:45 AM.

The last shuttle to the starting point will leave promptly at 8:30 AM for the 9:00 AM start. Please note: Only pre-registered runners should take the 8:30 shuttle. Runners registering at the start line should take an earlier shuttle.

**Relay Runners:** Shuttle buses will drop you off and pick you up at designated locations. Relay schedules for shuttle buses will be available the day of the race.

### Relay Legs

- #1 Hebron Elementary To Grayville Rd. Hebron 3.8 miles
- #2 Grayville Road to River Overpass, Colchester 4.5 miles
- #3 River Road Overpass to Finish Line- Center School East Hampton; 5.5 miles

**This Race is not for Walkers!!!**

**Water Stations and mile markers will be located through out the race!!!**

## AWARDS and PRIZES

Long Sleeve T-shirts to the first 100 registered. Champions in each division receive awards. Food, music, and more will be at the finish line!!



*Special thanks to the many volunteers who make our race safe and successful. We would like to thank the Fire/Police in the towns of East Hampton and Colchester and Emergency Management Services in Hebron for providing traffic control and constant radio contact.*

*Proceeds of this race will go towards enhancements along the Air Line Trail!!*