



STOW CONSERVATION TRUST

Newsletter

April 2008

Run for the Woods

5K Run/Walk
and One Mile Children's Race
Sunday, May 18, 2008

SCT will hold its 10th Anniversary Run for the Woods 5K Run/Walk and One Mile Children's Race on Sunday, May 18.

The gently rolling 5K course winds through beautiful backroads of Stow with scenic views of One Stack Farm, Shelburne Farms and Pilot Grove Farm before heading up the Hartley Road (Hale Middle School) incline to the finish. This USA Track and Field sanctioned and professionally timed athletic event is a fun opportunity for individuals and families to get together to raise awareness and show support for land conservation. The roads along the race course will be closed to through traffic. The 5K Run/Walk starts at 10:00 a.m. All pre-registered participants will receive a performance wicking t-shirt.

The non-competitive One Mile Children's Race starts at 9:00 a.m. Parents may run along side their children free of charge. Please pre-register to secure a race t-shirt and a finishing ribbon for you child.



A Letter from the President

Dear Stow Residents, Members, and Friends,

This coming August will mark the 30th anniversary of the founding of the Stow Conservation Trust by some truly forward thinking citizens of Stow. Last November we presented our second annual Conservation Award to the seven founding Trustees of SCT. Receiving the awards were Dick Perkins, Don Rising, Eric Sonnichsen and Les Garvin and accepting posthumously were Doreen Gibson for Jerry Gibson, Susan Hill for Barry Hill and Skip Warren for Francis Warren our beloved former Town Clerk.

On the subject of SCT's history we have much to celebrate. Over the years we have acquired ownership in four parcels of conservation land and now hold numerous conservation restrictions in Stow. About ten years ago we began a tradition of holding fundraising events in town to further our cause of conservation and stewardship of land. Sometime before that we began publishing a newsletter, first sent to members and now to all town residents. Initially the letter was edited by Marion Scott, former SCT president, and Ingeborg Hegemann Clark. More recently Ingeborg has further excelled in carrying on with the task of editing; we do not know how she fit it into her busy schedule. With this newsletter we begin a new format and salute Ingeborg for her many years of service to the newsletter and to SCT.

In more recent history, over the past ten years Kendra McDowell has enriched us greatly with her contributions of time and leadership with the annual Run for the Woods fundraising event. This is Kendra's last year as she moves to a new stage of her career and we offer her heartfelt thanks and observe that we are in need of new leadership for this event.

Letter, page 10

We are proud to announce Bose Corporation, Warren Insurance Agency, and Stow Family Chiropractic as the Presenting Sponsors of the 10th Anniversary Run for the Woods. Many thanks to our Corporate Sponsors: Erikson's Ice Cream, A&B Landscape and Tree Service, Inc., and Fitting Fitness In. We also thank our Contributing Sponsors: Renaissance Electronics Corp., Maynard Outdoor Store, The Paper Store of Maynard, Shelburne Farm, John Bolton, StowBrook Business Services LLC, and Global Fitness. Please support these businesses and thank them for their contributions!

Please go to page 13 for race details and registration information.

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The Stow Conservation Trust (SCT) is a non-profit organization of approximately 250 member families. The SCT Mission is to lead in the preservation of Stow's open land and natural and scenic resources.

Our Strategic Objectives

- To partner with the Town and other conservation groups in guiding development and protecting key resources, including those high on the Open Space Prioritization list.
- To assist in establishment and maintenance of a trail network linking Stow's conserved lands to further the Town's sense of community and to deepen its residents' relationship with the land.
- To foster a community spirit of stewardship for our natural resources through educational programs and outings.
- To serve as a resource to the community and landowners in developing conservation solutions.

SCT's Success is Thanks to YOU!

BOARD OF DIRECTORS

John Beusch, *Chair*
Jean Lynch, *Vice-chair*
Don Rising, *Clerk*
Eve Donahue, *Treasurer*
Peter Christianson
Gary Horowitz
Tom McQuoid
Janet Kresl Moffat
Dick Perkins
Tom Shepherd
Bob Wilber

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Jean Lynch, *Printing and mailing*
Julia Khorana, *Designer*

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WEBMASTER (www.stowconservationtrust.org)

Cortni Frecha

NOMINATING COMMITTEE

Gary Horowitz, Peter Christianson

WRITING THANK YOU NOTES

Nancy Shepherd

SCT ANNUAL MEETING

Donna Beusch, *Organizer*
Barbara Sipler, *Decorations*
Kathy Sferra, Ingeborg Hegemann Clark, *Speakers*
Jean Lynch, Ken Levine, Don Rising, Kathy Borofsky

FIRST SUNDAY OF THE MONTH WALKS

Jill Phelps Kern, *Coordinator*
Carol Straney, John Sangermano, Paula & Eric Bachtell, Dan

Foster, Don Rising, Bruce Trefry, Andrea Harris, Dick Perkins, Peter Christianson, David Cobb

RUN FOR THE WOODS

Kendra McDowell, *Organizer* (her 10th year!)
Carolyn Howe, *Treasurer*
Kathy Tarbi, Janet Kresl Moffat, Laura Reiner, Lee Pappas, Ken Levine, Eve Donahue, and Kelly Flood, *Registration*
Kelly Flood, David Cobb

RED ACRE FARMS BOARDWALK

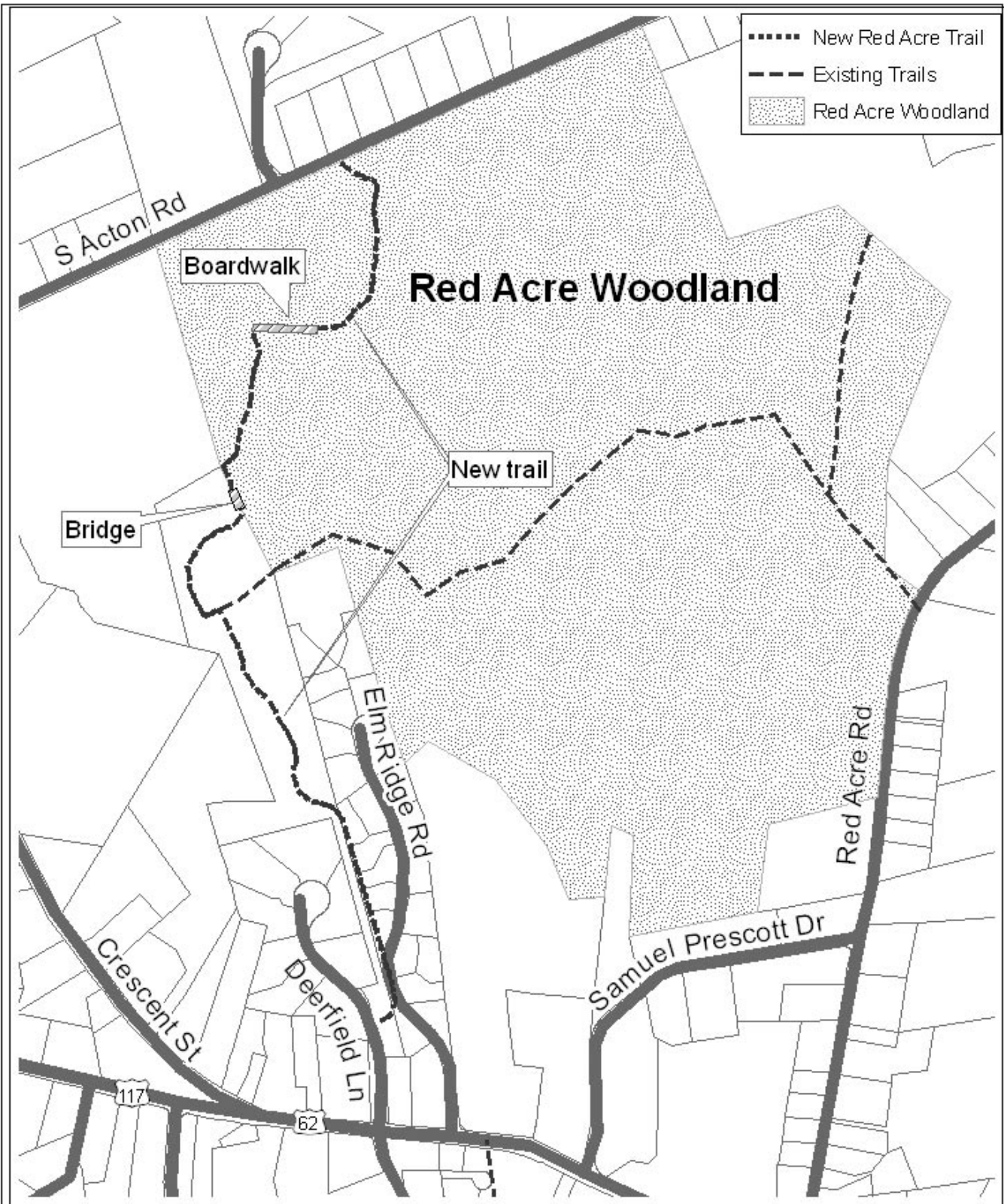
Bruce Fletcher, Dick Perkins, *Coordinators*
Eve and Jim Donahue, David Cobb, Karen Sommerlad, John Sangermano, Tim Reed, Tom Porcher, Dan Foster, Steve Griffin, Sam Griffin, Andy Crosby, Daniel Crosby, Laura Reiner, Eric Bachtell, Peter Christianson, Serena Furman

BIKE FOR THE WOODS

Ken Levine, *Organizer*
Katrina E Papanastassiou, Vickery Trinkaus-Randall, Julie Giglia, Chris Spear, Tina Woolston, Eve Donahue, Barb Rietscha, Lawrence Lindgren, Janet Moffat, Scott Feldhusen

HARVEST BALL

Carol Gumbart, Janice Gobert, and Janet Kresl Moffat, *Chairs*
Carolyn Howe, *Treasurer*
Kelly Flood, Melissa Rollins, Susan Dansereau, *Raffle*
Amy Farris, *Ticket coordinator*
Diane Sesisto, Barbara Wright, Vanessa Hurley, Diane Sestito, and Brigitte Seeley, *Decorations*
Betsy Stepp, *Invitations*
Ann DeCristafaro, Greg Troxel, Jonathan Daisy, Paul Trunfio, and Aimee McMaster, *Artist gallery*
Norm Farris, Mike Kopcynski, Jean Lynch, Don Rising, Eve Donahue, Tom Shepherd, Dick Perkins, Cynthia Perkins, Carol Straney, Leslie Desimone, Doreen Gibson, Lisa DuBois, Applefield Farm, and Shelburne Farm—*We couldn't have done it without you!*



New Red Acre Trail



0.1 Mile

This map should be used for reference only. Stow Conservation Trust does not guarantee the accuracy of the data presented here.



Under The Boardwalk

Under the boardwalk in SCT's Red Acre Woodlands you'll find frogs and salamanders having fun.

Last summer, a sizeable group of committed volunteers, led by Bruce Fletcher and Dick Perkins, constructed a boardwalk spanning 300 feet, which will keep your feet dry. SCT worked with the Selectmen and the Conservation Commission in order to ensure that this project would enhance the quality of life for those people who use the trails in the Red Acre Woods while also protecting the wetland and its inhabitants.

An innovative design borrowed from our neighbors at the Acton Conservation Trust, enabled us to build the entire boardwalk for less money without the need to drive any posts into the fragile, wet habitat. This first attempt by SCT to use the inventive fabrication approach may lead to other minimally invasive boardwalks on other SCT lands in the future.

SCT thanks the many workers who made the project possible. We had a great variety of volunteers from the Cub Scouts and their dad's doing their service project, to skilled carpenters lending their talents, to couples who enjoy walking our town's extensive conservation land and wanted to add some work to their pleasure -- and a group of dedicated neighbors who stuck with it to completion.

It is easy to allow not only your feet but also your mind to wander in this tranquil setting. Many of us think of our loved ones in these moments, so SCT is offering an opportunity for people to buy commemorative plaques that will be affixed to each plank of the boardwalk. The plaques are 2X4 inches and can contain up to three (brief) lines of text. **To purchase a plaque** at \$50 contact SCT by mail at PO Box 397, Stow, MA 01775 or by e-mail at boardwalk@stowconservationtrust.org.

Access to the boardwalk is easiest by entering the trail via South Acton Road and then walking about 300 yards.



Photos of volunteers at work are courtesy of Paul Trunfio, Apple County Photo

A Mosaic of Woodlands and Meadows

Some of the most defining moments in the history of Stow have been marked, not by the roar of a bulldozer, but by the stillness of nature. In an essay called “Where I Lived And What I Lived For”, Thoreau said: “A man is rich in proportion to the number of things which he can afford to leave alone.”

Turn onto Red Acre Road from Great Road and proceed about a mile and a half and then turn left onto Tuttle Road. It is like going back in time. Suddenly, you are on a quiet, undeveloped by-way flanked by stone walls and meadows.

The Captain Sargent Farm (Babricki Land) was purchased by the Town in 1981 with assistance from the state under the self-help program. These 142 acres had been in agricultural use since the 1700's and were purchased from the estate of Mr. Stanley Babricki, the last farmer to own the land.

On your left, you can still see the foundation of the barn. Across the street stood the farmhouse, which is gone now (see photo). The farm also extended across South Acton Road into what is now woods.

During the American Revolution this land was owned by the family of Nathaniel Sargent, whose name it bears today. His family had come to Stow from Concord in the 1600's.

A parking lot was cut into the northeast section of the land in 1994 and has facilitated the use of the land for passive recreation. Much of the southern section is leased for agriculture, but the public may use the edges of these fields.

This early initiative to set aside open space preserved the rural character of Tuttle Lane and South Acton Road. It also allowed the connection to the Red Acre Woodlands. Privately owned abutting land, preserved through a conservation restriction, expands the path considerably toward the airport to Flagg Hill and in the larger area of South Acton Road.

Setting aside the Babricki Farm as conservation land was a crucial step in Stow's legacy of open space preservation.



Get active with SCT

There are lots of jobs, small and large, that need your help. Add your name to the list of people we call on to help on the day of an event, lead Sunday hikes—we can find something to fit your schedule and interests. Volunteering is not only a way to support the SCT, it is fun and gives you an opportunity to meet new friends who share your love for Stow's beautiful lands!

Seeking Sponsor Coordinator

Help find sponsors for our fundraising events: Run for the Woods, The Harvest Ball, and Bike for the Woods.

To volunteer, please contact Janet Kresl Moffat at 978-897-2975 or sctvolunteers@comcast.net

Baseline Documentation Update

Jill Phelps Kern

The SCT owns several properties throughout town, and also holds conservation restrictions (CRs) on several other parcels or portions of parcels. Since the spring of 2007, the SCT has undertaken a process of preparing Baseline Documentation Reports for each of its fee-owned properties as well as for the conservation restrictions (CRs) held by the Trust.

From Mass Audubon's Stewardship Manual:

- A Baseline Documentation Report is a written report that accurately portrays the condition of the property as of the date of the report, and serves as a benchmark for comparison against future conditions. It contains a description of the property, site maps, photographs and other materials. For CRs in particular, the Report is a critically important tool for ensuring that the terms of the CR are honored.
- The Baseline Documentation Report is used as the primary reference during subsequent monitoring visits, and provides important data for property management and for evidence to defend the conservation values of the property in the event of a violation. Without a comprehensive and timely Baseline Documentation Report it may be much more difficult — and sometimes impossible — to identify violations or to prove that a violation occurred after the restriction was recorded.

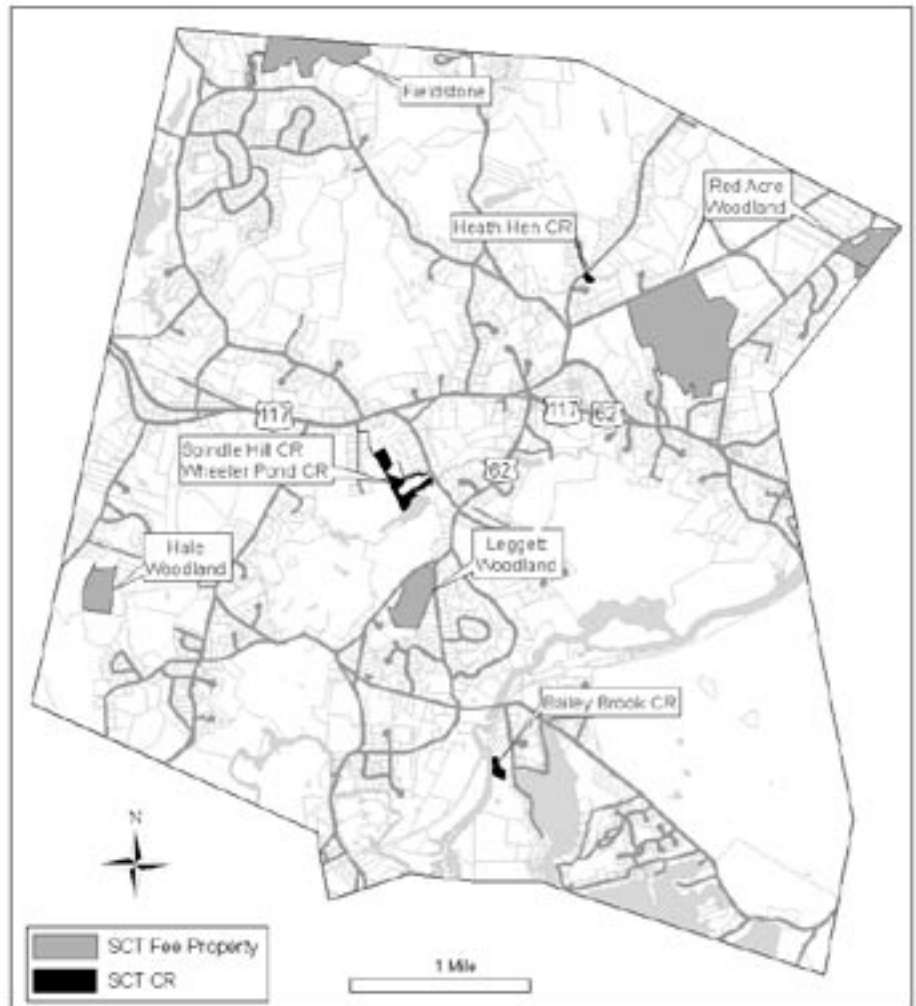
Fee-Owned Properties: As of January 2008, fee-property baseline documentation has been completed for Fieldstone, Leggett Woodland, and both Red Acre parcels. Hale Woodland documentation has been initiated; completion will require a joint effort between SCT and the Stow Conservation Commission, which holds a CR on the property.

Conservation Restrictions: Documentation for five of the Trust's nine CRs was previously completed in concert with the Sudbury Valley Trustees, the co-holder of these CRs. An additional two CRs are on Town of Stow properties, again requiring Conservation Commission involvement. Documentation for one of the two remaining CRs, along Heath Hen Meadow Brook, was completed this fall, and work on the final CR (Bailey Brook) is currently under way.

By preparing these baseline reports and conducting ongoing monitoring, by posting its conservation property boundaries, and by addressing existing encroachments, the SCT hopes to better inform its neighbors and those who visit these lands, and to prevent future violations. The ultimate goal is conservation and preservation of these lovely and vital properties in our stewardship.



Stow Conservation Trust Baseline Documentation



Rail Trail Progress

Don Rising

This Fall the Selectmen appointed a new Rail Trail Committee, with its objective to complete the Assabet River Rail Trail through Stow. The committee struggled, as had its predecessors, to find a way to bypass the original railroad roadbed through Honey Pot Hill Orchard. A member of the committee noted that a vacant 32 acre parcel on Sudbury Road had frontage on both the Assabet River and the former railroad property, and was for sale. In December the Executive Office of Energy & Environmental Affairs requested applications for Smart Growth technical assistance grants. The Trust agreed to hire a professional to prepare a grant application in behalf of the Town for a feasibility study of mixed uses on the Sudbury Road parcel. In addition to the rail trail, proposed uses include protection of the riverfront, open space and a few affordable "starter homes".

Stow was granted \$19,500 for the study, one of seven successful applicants out of 21 applications. The support of Stow's Planning Board, Conservation Commission, Community Preservation Committee, Board of Selectmen, and Municipal Affordable Housing Trust



was instrumental in the success of the application. The first three also are providing the Town's 25% share of the \$26,000 study.

The engineering contract was awarded to Earth Tech, the Concord firm that designed the Hudson-Marlborough end of the trail, and is now designing the Maynard-Acton end. Earth Tech will prepare two conceptual alternatives for the parcel, showing roadways, building lots, conservation areas and trail location. The study also includes an appraisal of the land as is, and also of the parcels that would be created if the recommendations of the study are implemented.

Voters will consider another portion of the Assabet River Rail Trail at the Annual Town Meeting in May. Purchase of a trail and public access easement on the remainder of so-called "Track Road" will give us an approximately 9,900' link along the river from Sudbury Road to the Maynard part of the trail. The Trust has pledged \$50,000 for the purchase. The CPC will support the use of Community Preservation Act for the balance, less any Federal reimbursement. The nearly two miles are probably the most scenic part of the entire 12.5 mile Assabet River Rail Trail.

SCT and the Assabet River Rail Trail

Tom Shepherd

The Stow Conservation Trust (SCT) has for some time had a significant interest in Stow's portion of the Assabet River Rail Trail. This trail runs through five communities: Marlborough, Hudson, Stow, Maynard, and Acton. At this juncture Stow has a pivotal role to play in the completion of the Rail Trail.

The key link that is on the Warrant for this spring's Town Meeting is the purchase of the remainder of the Albright easement along the Assabet River. The first portion of the link was completed after SCT engaged and paid for a qualified appraiser in 2004. The \$130,000 funds required to complete the transaction were provided by the Federal government via the Intermodal Surface Transportation Enhancement Act. The Stow Town Meeting in 2004 approved the transaction, and the Town's only financial obligations were for survey and legal costs.

The 2008 Town Meeting will be asked to approve an article which would expend \$227,000 from the Community Preservation Unreserved Fund balance. This expenditure may be reduced by funds from other sources such as potential governmental agency grants. SCT has pledged to provide \$50,000, thus assuring that

CPC funds will not be required in excess of \$177,000. No new tax monies will be required to complete this portion of the Rail Trail.

SCT is raising this \$50,000 pledge to support the Albright easement, because it believes it is a valuable land conservation addition, that the Rail Trail provides a valuable recreation opportunity, and enhances enjoyment of the Assabet River corridor. We believe the Rail Trail Committee has worked diligently to achieve this outcome and deserve our support. Further, as in most land conservation transactions, the cooperation and generosity of the Albrights has been necessary to achieve the desired result.

If the Town Meeting approves the article, the SCT will embark on a fund raising campaign expeditiously and is prepared to provide \$50,000 when required. The funds from SCT's Treasury will then be replenished by our fund raising. In closing I would point out that if this series of events do not proceed as described, Stow is likely to become the missing link in the five towns involved in the Assabet River Rail Trail.

Bike for the Woods

Ken Kevine

The 6th annual Bike for the Woods on August 26, 2007 was a pleasant late summer day, which helped to bring out 90 cyclists of all stripes. In terms of funds raised, it was our best year yet.

As always, riders were greeted with hearty and sustaining breakfast food - juice, water, energy bars, bananas, peanut butter and other spreads from Whole Foods Market of Wayland; bagels and cream cheese from Bagels Plus in Acton; muffins from Continental Cafe of Acton; and coffee from Cafe Solar of Lowell. Riders picked their route, ranging from 2 to 65 miles and were off!

Along the way, they were supported by Joyce from Pedal Power of Acton who was ready and able to help with mechanical issues. This year, the strategically placed self serve lemonade stand was stocked by Trader Joe's of Acton, and also featured fresh juices.

Participants were acquainted or re-acquainted with the back roads of Stow and surrounding towns and could see why the area remains the destination of choice for cyclists in the Boston area. While funds raised help the Stow Conservation Trust, an equally important benefit is in building awareness of the role of conservation in making the Stow area so special.

We would like to thank all sponsors, volunteers and riders who made the event so special and we hope to see you and anyone you can bring on August 24, 2008.

Happy cycling!

Bike for the Woods
August 24, 2008
Save the date

Stow's premier social event!

The 10th Annual Harvest Ball

Saturday, September 13
Stow Acres Country Club

Join us for an elegant evening of
dancing and dining.

Featuring "Eight to the Bar" dance
band.

All Proceeds to benefit SCT

Check out the music at: www.eighttothebar.com
For more information: www.stowconservationtrust.org

Erikson's
ICE CREAM

Erikson's Ice Cream is a
proud sponsor of the
10th Anniversary
SCT Run for the Woods!



Erikson's Ice Cream
12 Great Road
Maynard, MA 01754

Runners,
You Deserve It!

Letter, page 1

We would like to express our appreciation to Bob and Caroline Collings of the Collings Foundation for the generous donation of their wonderful facility as the venue for the Harvest Ball these past nine years. We look forward to seeing everyone at the tenth Harvest Ball to be held at Stow Acres Country Club.

As reported in an article in this newsletter we completed construction of a boardwalk on SCT's Red Acre Woodland not very far from South Acton Road. This provides a more direct trail connection to the Captain Sargent Farm conservation land owned by the Town and improves connectivity of the Emerald Necklace trail network. Plaques with names engraved are available in exchange for a donation as described in the article on page 5.

The important task of records and boundary management for our conservation lands, as well as the task of documenting the baseline conditions of those properties on which we hold Conservation Restrictions continues and is nearing completion under the capable leadership of Jill Kern.

There will be an article on the Warrant at the May Town Meeting this year to complete purchase of an interest (trail easement and access) on the former railroad roadbed along the Assabet River to span the nearly two miles from Sudbury Road to Maynard near White Pond Road. This is potentially the most scenic portion of the Assabet River Rail Trail from Marlborough to Acton, and will help facilitate both a bicycle path and public access generally. SCT has pledged to donate \$50,000 toward this purchase and will be conducting fundraisers beginning this spring and summer.

Our active cooperation with Stow's town government in land conservation matters has been ongoing for nearly our entire 30 year history. We look forward to continued cooperation with the Town on land conservation projects in the years ahead.

Our major challenges for this year include a special fundraiser to fulfill our pledge toward the Rail Trail related purchase and the further work on the Emerald Necklace including a trail connector to the state owned Delaney project.

Please continue to support our events this year including Run for the Woods on May 18, Bike for the Woods on August 24 and the Harvest Ball on September 13.

In these times, even with a respite from increased pressure toward "build out", it is most important to continue the tradition of land preservation in Stow – it is simply part of who we are as a community.

Please read the articles in this newsletter and if you endorse what we are trying to do please contribute. The annual dues contribution for membership is tax-deductible and instructions as to how to join SCT are included here. We hope to hear from you soon.

Sincerely,

John Beusch, President
Stow Conservation Trust
jbeusch@aol.com



Help us protect and manage open space in Stow. Become a member of SCT!

For 25 years, Stow Conservation Trust has helped conserve hundreds of acres of Stow land, educated our citizens about the natural world, and provided resources for citizens interested in helping to preserve our rural character.

- Lifetime member \$1000
- Patron \$500
- Sponsor \$250
- Sustaining \$100
- Contributing \$50
- Family \$25
- Individual \$10

Name: _____

Address: _____

Phone: _____

Email: _____

I would like to volunteer for _____

Please mail to: **Stow Conservation Trust, Box 397, Stow, MA 01775-0397.**
Visit www.stowconservationtrust.org for additional information and a form.

Thank you for your tax deductible support!

Stow Conservation Trust Members

Elaine Alibrandi & Thomas Fagan
Bill & Jody Avery
Redmond & Noelle Aylward
Heinz & Wendy Bachmann
Eric & Paula Bachtell
Gladys & Guy Beaudette
Lisa & Claudel Beneche
Amanda & Larry Bennett
John & Donna Beusch
Emily Beyette
Kathy Borofsky
Barbara Bosworth
Karen & Thomas Bricknell
Sharon Brownfield & Richard Lent
John & Alison Campbell
Mark & Anita Carrig
Patrick Chase & Kathleen Rusilas
Lois & Curtis Clark
John & Ingeborg Hegemann Clark
Eleanor & George Cogswell
James Cohen & Suzanne Tinsley
Al & Anna Cohen
Aims Coney
Maryanne & Sean Coughlin
Jennifer Croto / Simply Apples, Inc.
Nancy Cross
George & Karen Davis
Newell & Daisy Dearborn
Mary Lee DeSantis
Ken Descoteaux & Leslie Desimone
James & Eve Donahue
Alan Donkin, Jr.
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L.D.H. Dubois
Michael Duclos & Julia Khorana
John Fletcher
John & Marisa Foynes
Cortni Frecha & Mark Jones
Bill and Pam Glauner
Bob & Dee Glorioso
Kelley Glynn
Andrew & Debora Goldman
Ernest Goldman
Edmund & Corinne Green
Thomas & Carol Gumbart
Lewis Halprin
Susan Hammond
Steve Herrmann & Catherine Ives
Joan Hill & Edward Hennighausen
Bruce & Debra Holden
David Horne & Tina Proffitt
Gary Horowitz & Darci Mickus
Scott & Gretchen Hunter
Jill & Gregory Ikens

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Bob and Caroline Collings
Bruce Fletcher and Jean McCord
Doreen Gibson
Ruth Kennedy-Sudduth
Teresa and Tim Lawson
Jean Lynch
Bill and Susan Maxfield
Elizabeth and Philip Moseley
Thomas O'Brien
Lee and Xantha Pappas
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Eric Sonnichsen
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Louis Putterman
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John Tucker
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Lisa Vernegaard
Eric & Denise Vonstetten
Dorothy Sansevero & Brian Walsh
Gregory & Bonnie Wassall
Pam Weathers & Steve Dungan
Bob & Karen Wilber
Tina Woolston
Karen A. Wright
Constance & Thomas Zimmerman

We apologize in advance for any errors (misspellings, omissions, etc.) in the listing above, which is adapted from the data we have on file as of April 1, 2008. To enable us to update our records, please let a member of the Board of Directors know of such errors, or, if you prefer, visit our website (www.stowconservationtrust.org) and click on "Webmaster" to send us an e-mail.

10th Anniversary

Run for the Woods

Sunday, May 18

1 Mile Children's Race 9:00 a.m.

5K Run/Walk Race 10:00 a.m.

Races start and finish at the
Hale Middle School, 55 Hartley Road, Stow, MA
(indoor registration available in case of rain)

Race Course

5K Run/Walk: The gently rolling 5K course winds through beautiful backroads of Stow with scenic views of one Stack Farm, Shelbourne Farms apple orchard and Pilot Grove Farm before heading up the Hartley Road incline to the finish. Roads will be closed to traffic.

1 Mile Children's Race: This event runs from Hale Middle School to the Center School and back—roads will be closed and parents are welcome to run with their children free of charge. Ribbons to all who pre-register.

Race Divisions

5K Run: Male and Female

Juniors under 17; Open 18-29; Sub masters 30-39; Masters 40-49; Seniors 50-59; Grand Masters 60+

5K Walkers: Under 55 and 55 & over

1 Mile Children's Race: children 12 and under

Entry Fees

Pre-registration (before May 9)

5K Race: \$20/participant (SCT Members \$15)

1 Mile Children's Race: \$10/participant (for t-shirt and ribbon please pre-register children)

Late or Race Day Registration (after May 9)

5K Race: \$25/participant

1 Mile Children's Race : \$10/participant

Entry fees are non-refundable

Race Registration

A form is in this newsletter. Additional forms are available at various locations in the area, can be downloaded from www.stowconservationtrust.org or email runforthewoods@comcast.net

Online registration is Powered by Active.com!

Go to www.active.com before midnight on May 16.

Bag pick up/check-in & race day registration

Bag pick up and late registration will be available Saturday, May 17 at the SCT booth at Stow's *Springfest* Celebration. Race day registration and all pre-registered bag pick up/check-in begins on race day at 7:30 a.m. at Hale Middle School.

Amenities

- USATF sanctioned event with water stop at the halfway mark.
- Professionally timed by Spittle Race Services
- Mile markers along the route
- Restroom facilities and first aid available at Hale Middle School
- Free post race runner refreshments
- Free parking.

T-shirts

Performance wicking t-shirts to pre-registered 5K entrants (before May 9). Late and race day registrants get t-shirts as supply lasts—limited quantity and sizes.

Race Division Awards

Top overall male and female finisher: **\$100 cash**

Top three finishers in each division: **Runner's Trophy**

Top boy and girl in 1 Mile Children's Race: **Trophy**

All pre-registered children receive ribbons!

Free Stuff!

Please stay after the awards ceremony to take part in a give away. Items include one night stays at local B&Bs, gift certificates from local businesses, and more.

Directions

From Boston: Follow Route 2W through the Concord Rotary. Take Exit for Route 111 Acton. Cross JCT 27 and into W. Acton Center. Take left onto Cental Street. Bear right at fork onto Willow Street. Continue on Willow into Stow (road changes names to West Acton Road). Pass sheep farm on left and continue around right curve (Crescent Street) up to stop sign - take right at stop onto Hartley Road.

From East of Stow: Follow Route 117 West into Stow and past Stow Shopping Center. At next set of lights turn right and go straight through immediate stop sign onto Hartley Road.

From West of Stow: Follow Route 2E to I-495 South. Take exit 27 Route 117 Stow/Bolton. Head East into Stow. Approx 5 miles to Stow Center and JCT 62 at set of lights. Turn left at lights and straight at immediate stop sign onto Hartley Road.

From South of Stow: Take 495 N to exit 27 Route 117 Stow/Bolton. Take Route 117 East into Stow. Follow from "West" above.

For more information

Please call Kendra at 978-897-2121 or email runforthewoods@comcast.net or visit www.stowconservationtrust.org

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Run for the Woods Entry Form

(one participant per form, photocopy as needed)

Name _____

Address _____

City _____ State _____ Zip _____

Telephone (required) _____

E-mail _____

Age on race day _____ Gender _____

1 Mile Children's Race 5K Runner 5K Walker

Entry fee:

Pre-registration (before May 9)

5K Run/Walk: \$20 (\$15 for SCT members)

1 Mile Children's Race: \$10

Become a SCT member \$10 individual \$25 family and get the member discount!

Late or Race Day registration (after May 9)

5K Run/Walk: \$25

1 Mile Children's race: \$10

T-shirt size:

Child: small 6/8 medium 10/12

Adult: small medium large x-large

Waiver: *In consideration of the acceptance of this entry, I forever release the Stow Conservation Trust and its members, the Town of Stow, all sponsors and organizers of "Run for the Woods" of all claims, damages, injury, death, and rights of action present or future whatsoever for my participation in this event. I certify that I am physically fit and sufficiently trained to participate in this event.*

Signature (required): _____

Parent or guardian (in under 18): _____

Where did you get this entry form? _____

Make your tax deductible checks payable to:
Stow Conservation Trust Run for the Woods

Please mail to :
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161 Packard Road, Stow, MA 01775



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Stow Conservation Trust Calendar of Events



1st Sunday of the Month Walk Series

2:00 p.m. at various conservation land in Stow
Details in this newsletter.

October - May



Run for the Woods

10th Anniversary 5K Run/Walk and One Mile Children's Race
Details and entry form in this newsletter.

Sunday, May 18



Bike for the Woods

This event offers various distances for family fun or the serious cyclist!
Go at your own pace with cue sheets.

Sunday, August 24



Harvest Ball

Stow Acres Country Club

Gala event of the year! *Save the Date!*

Saturday, September 13



For information about the SCT and event details, please visit www.stowconservationtrust.com

Stow Conservation Trust
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