

Newton Hill XC 2017



*Friends of Newton Hill and Central Mass Striders
Present the 2017, Sixteenth Annual*

Newton Hill 5-K X-Country Race Series

Tuesday's August 1, 8, 15, 22, 29 - 6:30 pm

Newton Square Rotary Park, Corner of Pleasant St. and Highland St. Worcester, Ma.

Proceeds: Proceeds will benefit Friends of Newton Hill for trail improvement.

Course: Approx. 3.2 miles mostly in the woods between Park ave, Pleasant, and Highland Sts. with a short section on the sidewalk. Start and finish at the park.

Registration: Registration will begin at 6:00 pm at Newton Square Rotary Park near tennis courts.

Tech shirts: To first male and female and any race participant who runs 3 or more races.

AMENITIES: Finish line clock, water, post race fruit and beverages.

Entry fee: \$10.00 pre-entry \$12 .00 day of race

\$7.00 CMS Members, FNH Members pre and post.

Pre-entry: Mail Pre entries with checks made to:

CMS/FNH
P.O. Box 922
Worcester, Ma 01613-0922

Results

www.cmsrun.org

Categories: 00-13, 14-19, 20-39, 40-49, 50-59, 60-69, and 70+.

Information: CMS website: www.cmsrun.org or call Bob Dio 978-807-5368 also
FNH website at www.onthecommon.com/otc/newtonhill

Newton Hill 5-K X-Country Race Series

Please enter me in the Newton Hill X-C Race Series. I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in Newton Hill X-C Race, I hereby, for myself, my heirs, executors and administrators, release and discharge the RRCA, the USATF, the Central Mass Striders, Friends of Newton Hill, and any and all other individuals, entities, and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I will not participate in the Newton Hill X-C Race unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of my name and or picture in any broadcast, Photograph or other account of this race. I understand that bicycles, skateboards, baby joggers, or strollers, roller skates, or blades, animals, and radio headsets are not allowed in the race and I abide by this guideline.

Date of race (circle) 8/1 8/8 8/15 8/22 8/29

Name (please print) _____ **Sex** **M** **F**

Address _____ **State** _____ **Zip** _____

Phone _____ **Age** _____ **Running Club?** _____

EMAIL _____

Signature _____

(Parents signature if under 18)