



Central Mass Striders and Friends of Newton Hill

Presents the 2023

Newton Hill 5K X-Country Race Series

Tuesdays, 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

Course: Approx. 3.1 miles, mostly in the woods between Park Ave, Pleasant, and Highland Streets with a short section on the sidewalk. Start and Finish in the park.

Registration: Registration will begin at 6:00 PM at Newton Square Rotary Park near Tennis Courts. Scoring in the following age groups, male and female: 0-19, 20-39, 40-49, 50-59, 60-69, and 70+

Shirts: To any race participant who runs or volunteers 3 or more weeks.

Cost: \$7.00 for CMS and Friends of Newton Hill Members. \$10.00 Non-member pre-entry. \$12.00 Non-member day-of registration.

Amenities: Course monitors, finish line clock, water, post-race fruit and beverages.

Information: cmsrun.org/races-events-3/newton-hill-xc/

Friends of Newton Hill website: <https://www.friendsofnewtonhill.org/>

Newton Hill 5K X-Country Race Series

Please enter me in the Newton Hill 5K X-Country 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 the Newton Hill X-C Race, I hereby, for myself, my heirs, executors, and administrators, release and discharge 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: _____

Parent Signature (If under 18): _____