



*Friends of Newton Hill and Central Mass Striders  
Present the 2022*

# *Newton Hill 5-K X-Country Race Series*

*Tuesdays August 2, 9, 16, 23, 30 - 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. 3.2 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 for 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](http://www.cmsrun.org)

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

**Information:** CMS website: [www.cmsrun.org](http://www.cmsrun.org) or contact the Race Director at [barbaraemcm@gmail.com](mailto:barbaraemcm@gmail.com)  
FNH website at <https://www.friendsofnewtonhill.org/>

## **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)    8/2    8/9    8/16    8/23    8/30**

**Name (please print)** \_\_\_\_\_ **Sex** M \_\_\_ F \_\_\_

**Address** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Age** \_\_\_\_\_ **Running Club/School** \_\_\_\_\_

**EMAIL** \_\_\_\_\_

**Signature** \_\_\_\_\_

(Parent Signature if under 18)