



Colonial Road Runners Presents...the 5<sup>th</sup> Annual  
**BLUE HILLS TRAIL RACES**

**“FOX TROT” (10 Miles) & “BUNNY HOP” (3 Miles)**

**SUNDAY, APRIL 25, 2010 – 9:00 AM**

**BLUE HILLS RESERVATION - MILTON, MA.**

*The “Fox Trot” is included in the 2010 Trail Runner Magazine Trophy Series and the 2010 Eastern New England Trail Race Series*

**The Location:** Start and Finish next to the Blue Hills Trailside Museum, 1907 Canton Avenue (Rt. 138), in Milton. *Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North (“Milton”). Follow Rt. 138 for 1.2 miles to the parking lots for the Trailside Museum and the Blue Hills Ski Area.*

**The Courses:** Come run on miles of beautiful trails in the scenic Blue Hills Reservation, just south of Boston. The well-marked courses follow dirt roads and forest paths, except for short paved sections at the start and finish of the races.  
The FOX TROT (10 miles) offers a mix of double and single-track trails with some hilly and rocky stretches. There are three water stops.  
The BUNNY HOP (3 miles) is recommended for new trail-runners. This course offers easier terrain on wide paths--but this is still a trail race, with plenty of small rocks and tree roots along the way! There is one water stop.

**Amenities:** Marathon Sports gift certificates for the overall winners, and home-baked goodies for age group winners. Post-race refreshments (soda, juice, fruit, cookies, chips, etc.). Restrooms available at the registration area.

**Registration:** \$5 minimum donation requested...additional contributions are welcome—you decide how much to pay! *All profits will be donated to the children’s nature-education programs at the Blue Hills Trailside Museum, which is operated by the Massachusetts Audubon Society.*

*ON-LINE REGISTRATION is encouraged! Go to [www.signmeup.com/67931](http://www.signmeup.com/67931)*

*NOTE: Due to state permit restrictions:*

- **REGISTRATION IS LIMITED TO 250 RUNNERS**
- **ALL RUNNERS MUST BE PRE-REGISTERED**
- **THERE IS NO RACE-DAY REGISTRATION**

*Entries are non-transferable and non-refundable.*

**Information:** John Goldrosen, 781-447-2812, [trailrunning@colonialrunners.org](mailto:trailrunning@colonialrunners.org), or visit the Colonial Road Runners website, [www.colonialrunners.org](http://www.colonialrunners.org)

**2010 BLUE HILLS TRAIL RACES -- Entry Form**

**Amount Enclosed:** \$\_\_\_\_\_ *Please make checks payable to COLONIAL ROAD RUNNERS*  
**MAIL TO:** Blue Hills Trail Races, c/o Colonial RR, PO Box 2222, Abington, MA 02351

**RACE ENTERED:** FOX TROT (10 MILES) \_\_\_\_\_ or BUNNY HOP (3 MILES) \_\_\_\_\_

**NAME (Please print!)** \_\_\_\_\_ M/F \_\_\_\_\_ Age on 4/25/10: \_\_\_\_\_

**Street** \_\_\_\_\_ **City/Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Tel:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Club (if any):** \_\_\_\_\_

**RELEASE AND WAIVER:** I assume all risks associated with running in this event. I acknowledge that a trail race is inherently more dangerous than a road race, with an increased risk of injury. I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the Colonial Road Runners, RRCA, Department of Conservation and Recreation, Blue Hills Trailside Museum, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

**SIGNATURE:** \_\_\_\_\_ (Parent/Guardian if Under 18) **DATE:** \_\_\_\_\_