



Colonial Road Runners Presents...the 7th Annual
HOUGHTON'S POND TRAIL RACE (6 miles)

BLUE HILLS RESERVATION - MILTON, MA.

SUNDAY, OCTOBER 3, 2010 – 9:00 AM

Included in the "Eastern New England Trail Race Series"

Where: Houghton's Pond Main Parking Lot, 0.2 mi. west of the Blue Hills Reservation HQ, 695 Hillside Street, Milton, MA 02186.
Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North ("Milton"). Turn right at the first full set of traffic lights (Mobil station is on left corner). Drive one mile to stop sign, and continue straight ahead. The Houghton's Pond parking lot is on the right, 0.2 mi. after the stop sign.

The Course: A rolling course over dirt roads and forest paths in the Houghton's Pond section of the scenic Blue Hills Reservation, a 7000-acre state-owned park just south of Boston. The course avoids steep hiking trails, but this IS a trail race, with plenty of small rocks and tree roots along the way!
FOR SAFETY'S SAKE: Dogs are not allowed, and we request that you do not use headphones.

Registration: \$20 (\$15 for members of Colonial Road Runners)
ON-LINE REGISTRATION: www.signmeup.com/71144
Due to permit restrictions: REGISTRATION IS LIMITED TO 250 RUNNERS, and THERE IS NO RACE-DAY REGISTRATION! Entries are non-transferable and non-refundable.
A portion of the proceeds will be donated to the Friends of the Blue Hills.

Amenties:

- T-Shirts for All Runners Registered Before September 14th
- Three Water Stations on the course
- Post-race refreshments (bagels, fruit, juices, and snacks)

Awards: First Overall Male and Female, and top three Male and Female finishers in each age division: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+
MARATHON SPORTS gift certificates to 1st Place Overall and Masters

Sponsors: Thanks to: OCEAN SPRAY -- DUNKIN' DONUTS -- MARATHON SPORTS

Information: John Goldrosen, 781-447-2812, trailrunning@colonialrunners.org, or visit the Colonial Road Runners website, www.colonialrunners.org

HOUGHTON'S POND TRAIL RACE -- Entry Form

FEE: \$20 (\$15 for Colonial RR members). Make checks payable to: **COLONIAL ROAD RUNNERS**
MAIL TO: Houghton's Pond Trail Race, c/o Colonial RR, PO Box 2222, Abington, MA 02351

NAME (Please print!) _____ **M/F** _____ **Age on 10/3/10:** _____

Street _____ **City/Town** _____ **State** _____ **Zip** _____

Telephone: _____ **Email:** _____

CLUB: _____ **T-SHIRT SIZE:** S _____ M _____ L _____ XL _____

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, the Department of Conservation and Recreation, Friends of the Blue Hills, 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:** ___/___/___