

Sharon Cross Country Music 3k Trail Race/Walk

Sunday, October 30, 2016 at 9:00 AM

Deborah Sampson Park

30 East Foxboro Street, Sharon, MA 02067

Race Information: The race will start at Deborah Sampson Park behind the Tennis Courts. Race start is 9:00 AM and this will be a timed 3K (1.86 miles).

Registration Information: On-line Registration is \$25.00 and available at runsignup.com. Race Day registration will be \$30.00. Pre & Post-race refreshments will be provided.

Course Description: The cross country course partially traverses the trail through historic Deborah Sampson Park in Sharon. Deborah Sampson, an American Revolutionary War hero, enrolled in The Continental Army in 1782 and served for the Light Infantry Company of the 4th Massachusetts Regiment. She is one of a very small number of women with a documented record of combat experience during the Revolution. She died in 1827 and is laid to rest in Rock Ridge Cemetery in Sharon. The race course runs along the beginning portion of the trail, exits along some local roads before re-entering the trail to finish. Within the trail, the course is flat and tight in some spots. There are also possibilities of roots and rocks along portions of the course.

Packet Pickup On Site Registration & Facilities: Packet pick and on-site registrations will be on Sunday, October 30 from 8:00 AM – 9:00 AM on the basketball court at Deborah Sampson Field. Portable restrooms will be available near the starting line.

Awards: Overall Male/Female, and age group winners Male/Female awarded.

Additional Information: Contact the Race Director at john.w.reilly@verizon.net or 339-206-8342

Mail Entry Form and make Checks payable to:

Sharon Cross Country & Track Club, c/o John Reilly, 21 Pleasant Park Road, Sharon, MA 02067

NAME: _____ AGE: _____ SEX: _____ PHONE: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

Check one: RUN: _____ WALK: _____

Email _____

WAIVER:

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right and claims for damages or injuries that I may have against the Event Director, Road Runners Club of America, RunSignup.com, and all of their agents assisting with the event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event - including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail/road, all such risks being known and appreciated by me. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I also authorize the use of photographs or videos that include my image for promotional, informational, or other reasons deemed to be in the best interest of the event.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above waiver.

I also understand that this particular super, awesome, country music-loving race has a no-refund policy as it applies to race registrations.

Signature (Parent's Signature If under 18)

Date