



Colonial Road Runners Presents...the 16th Annual **HOUGHTON'S POND TRAIL RACES** (7 & 3.7 Mi.)

DCR BLUE HILLS RESERVATION - MILTON, MA.

SUNDAY, OCTOBER 6, 2019 - 9:00 AM

NEW FOR 2019 - A 3.7-MILE OPTION, IN ADDITION TO THE 7-MILE COURSE

- Where:** Houghton's Pond Main Parking Lot, 0.2 mi. west of the DCR Blue Hills Reservation HQ, 840 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 Courses:** Rolling courses over dirt roads and forest paths in the Houghton's Pond section of the scenic DCR Blue Hills Reservation. The courses avoid steep hiking trails, but these ARE trail races, with plenty of small rocks and tree roots along the way! Both courses are entirely on dirt.
- Registration:** \$25 through September 27, \$30 beginning Sept. 28th.
(\$5 Discount for Members of Colonial Road Runners)
ON-LINE REGISTRATION: <https://runsignup.com/houghtonspondtrailrace>
- Due to DCR permit restrictions: REGISTRATION IS LIMITED TO 300 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.*
- Amenities:**
- Short-sleeve Cotton T-Shirts for Runners Registered By September 10th. **NEW FOR 2019: BOTH MEN'S AND WOMEN'S SIZES ARE AVAILABLE!**
 - Three Water Stations on the 7-mile course, two on the 3.7-mile course
 - Post-race refreshments (bagels, bananas, and juice or sports drinks)
- Awards:** First Overall Male and Female in each race, and top three Male and Female in each age division: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+ **MARATHON SPORTS** gift certificates to 1st Place Overall Finishers
- Questions:** John Goldrosen, trailrunning@colonialrunners.org

HOUGHTON'S POND TRAIL RACES -- Entry Form

FEE: \$25 through Sept. 27, \$30 beginning Sept. 28 (\$5 discount for CRR 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 10/6/19:** _____

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

Telephone: _____ **Email:** _____

RACE: 7-MILE: ___ 3.7-MILE: ___ **SHIRT:** WOMEN'S ___ MEN'S ___ 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 Massachusetts 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:** ___/___/___