



The Dam Trail Races 11.5M and 5M Two Races This Year

August 7, 2010 9:00 AM

'Grand Tree' 2010 Trail Races

Eastern New England Trail Race Series

LOCATION

From Rt. 395 take exit 4B to Oxford Center. Continue straight through set of lights. Follow signs to Howarth Rd. and Hodges Village Dam. Continue to end of road at top of DAM and parking area on other side of DAM.

RACE COURSES

GPS measured, well marked rolling courses covering a variety of terrain in the Army Corps of Engineers Flood Control Project. Both races share start at 9AM SHARP!

AMENITIES

3 Water Stops. Post race food and beverages. T-Shirts to the first 100 entrants.

AWARDS

Home baked goodies to top finishers junior, open, masters, seniors and veterans. Random draw prizes.

FEE

Pre-entry \$15.00 if received by July 31st. Post \$20.00. Proceeds to benefit the **French River Connection**, visit at <http://frenchriverconnection.homestead.com>.

WARNING

This is NOT a road race. You WILL get wet and possibly muddy, scraped and bug bitten.

QUESTIONS

For more information call John Grenier at Home - (508) 892-9576 Cell - (508) 335-0557 or visit www.cmsrun.org

NOTE

THE START IS AT HODGES VILLAGE DAM. The Corps of Engineers has reserved the right to make course changes at the last minute. If the Corps of Engineers should have to flood the project due to weather (has never happened), the race will be cancelled.

Make checks out to **French River Connection** and mail with entry to John Grenier, 70 Pleasant Street Unit #43, North Oxford, MA 01537.

Please enter me in the "Dam Trail Race". 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 this event I hereby, for myself, my heirs, executors and administrators, release and discharge any and all individuals, FRC, Central Mass Striders, RRCA, and all other 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 incident to my participation in this event. I hereby certify that I will not participate in the Dam Trail Race unless I am physically fit and sufficiently trained for competition in the race. I understand that bicycles, baby joggers, and animals are not allowed and I will abide by this guideline.

Please circle which Race you are entering: 5 Mile or 11.5 Mile

Name _____ Age _____ Sex _____ Email _____

Street _____ DOB _____

City _____ State _____ Zip _____

Club _____

Signature (parent if under 18) _____

