Dates: . . . . Thursdays ** **30 June**** ** **28 July**** **25 August 2016****

Time: . . . . Start: **6:30pm for June & July** **Start Time in August is 6pm**

Place: . . . . **West Hill Park** 23 West Hill Road, Northbridge, MA (not the Dam!!!)

Entry Fee: . . .**Pre-Registration** = **$6.00** **Post** = **$10.00** ***(pre-reg encouraged!!)***
Under 18 = **$6.00 Pre / $10 Post.** **Over 70** = **Free.**
Checks payable to **"TVFR"** ****No Refunds****

On-Line Registration for 1, 2 or all 3 races: http://www.active.com

Bonus: Send in **one pre-entry for all three**: $16.00 / Post reg $20 for all.

Divisions: . . M/F 0-13, 14-19 to over 70+…. Medals: M/F *Each division winner*

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General Info: The Trail Runs are in their 19th year. Course measured by GPS. Over 75% is wooded, generally rolling & shady. Some rough spots. Remainder on paved/gravel roads. Cancel only in event of lightning and/or other severe weather…not if it is merely raining. Ample food and drinks. BBQ after August race. Ample parking, sheltered registration, indoor restrooms, awards/raffle, prizes & refreshments.

Runners are strongly encouraged to sign up for the races online or early pre-register by mail.
Due to parking restrictions at West Hill Park, the races will be limited to 125 runners.
This means there is a good chance that there will be NO race day registrations, so please sign up ahead of time!

Like Us on FACEBOOK

Questions: Mike: Mmcmullin41@gmail.com **Gary:** Gatlas@comcast.net

Release: Please read, complete, sign and forward to: TVFR, PO BOX 708, Framingham, MA 01701

Enter me in the: ❑ ***June*** ❑ ***July*** ❑ ***August Race(s). I'm Enclosing $_____***

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this 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 road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, the Towns of Uxbridge, MA & Northbridge, MA and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that there are no refunds regardless of the circumstances including a cancellation due to poor weather directed by town officials. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this even for any legitimate purpose.

SIGNATURE:_____
(PARENTS SIGNATURE IF UNDER 18YRS OLD)

Internal Use Only
Bib #

PRINT NAME	FIRST		LAST		
HOME ADDRESS	NUMBER AND STREET			TOWN	
STATE →	ZIP→		DATE OF BIRTH	YOUR EMAIL ADDRESS	
GENDER	MALE ☐	FEMALE ☐	m m d d y y		
RUNNING CLUB NAME→				EMERGENCY PHONE #:	
Make Checks payable to		"TVFR"		NO REFUNDS	