

BLUE HILLS SKYLINE TRAIL RUN

SUNDAY, JULY 7th, 2013 8am.

The Skyline Trail run is 12 km. with 550 meters of climb on the Blue Hills Reservation North & South Skyline Trail and Bugbee Path.

The trail is extremely rocky and steep and demands balance and agility. Expect views of Boston along with staircase steep climbs and tumbling rock down hills. Course marking, follows skyline blazes with signs at critical turns. There are three water stops, light refreshments at the finish.

A Race of the GRAND TREE SERIES

BENEFITS the Friends of the Blue Hills

SANCTIONED by USA Track & Field

Course records:

M-OPEN	Josh Ferenc	59:11	2008
F-OPEN	Alison Crocker	68:02	2012
M-Masters	Robert Hult	66:01	2011
F-Masters	Christine Anderson	82:19	2008
M-Junior	Giacomo Barbone	70:54	2012

Directions: I-93/Rt.128 Exit 2B. North on Rt.138 to Blue Hills Ski area on right.

Start is at base of ski slope.

Entry fee \$15 postmarked by July 2. Post entry \$20 after that date. Do not mail entries after July 2!

Trail Race Directors run for FREE! (Please enter and tell us your race name)

LIMITED TO 100 ENTRANTS

Make check payable to, and mail entry to : Jeffrey Saeger

74 Richards St.

Dedham, MA 02026

Questions????

Email Jeff Saeger

runwld2@juno.com

Print and sign entry/waiver below.

WAIVER AND ASSUMPTION OF RISK FOR SKYLINE TRAIL RUN

Please enter me in the Blue Hills Skyline Trail Run.

I understand that trail running is a potentially dangerous event and can cause injuries, including severe injuries and death. I agree to assume any and all risk of injury or damage that may occur to me while participating in this event. In consideration of this entry being accepted, I hereby for myself, heirs, executors and assigns, waive and release any and all rights and claims for damages I may have against the persons or organizations affiliated with the Skyline Trail Run, the Commonwealth of Massachusetts Department of Conservation & Recreation, USA Track & Field, Trail Animal Running Club, race directors, the sponsors, their representatives, successors, or assigns, for any and all injuries suffered by me in the said event, however incurred or sustained. I attest that I am physically fit, and understand the difficulties and hazards of trail running, and have trained sufficiently for the completion of this event.

Print Name..... Age.....Gender

Signature.....Date.....