



Free Entry - Donations Gladly Accepted!

Location: Trails in Callahan State Park. Park and start at Brophy School, 575 Pleasant Street (Route 30), Framingham, MA 01701.

Directions: From Route 9 in Framingham, take Temple Street north (near Gulf Gas Station). Go to the end of Temple Street and take a left onto Pleasant Street (Route 30). Brophy School is about 1/2 mile down the road on the right after Hickey Drive. Check out Google for directions. Type in: 700 Pleasant Street, Framingham, MA 01701: <http://www.maps.google.com>.

Registration: It's all free! Donations accepted. On-site beginning at 8:00am. ID required. Parental signature on waiver needed for runners under 18 years old.

Course Description: This picturesque trail run has both double and single track and is flat if you prefer the 5.3M. The 9.3M has some hilly sections and runs through a few open meadows and by Beebe Pond. One of the hills you'll get to run is Busa's Hill (a.k.a. Gibbs Mountain) where Rich Busa runs his 20 hill repeat training work-outs. This terrific course is a favorite for our club's weekly Sunday morning trail run. Check out Callahan on line at: <http://www.mass.gov/dcr/parks/trails/callahan600.gif>

Amenities: Two water stops on course at 2.5 and 6.5 miles. Bathroom facilities at Brophy School! Gatorade & pot luck will follow the race.

Awards/Prizes: Awards and prizes will be presented to the top male & female finishers in age categories.

Donations: Please make checks payable to GFRC and send along with application. Proceeds support local running activities.

Special notes: Run honors the venerable Rich Busa – trail runner extraordinaire! He will be on hand (trails) to take pictures with fans. Questions/follow-up please contact race director at: barry@gfrcrun.org. Visit our website: <http://www.gfrcrun.org/>

4th. Annual

Busa Bushwhack Trail Run*

Sunday, November 4, 2007

Registration: 8:00am, Race start: 9:00am

9.3 Mile or 5.3 Mile Course

*This race is #22 in the Grand Tree Series

And a great tune-up for the Stonecat Trail Marathon!

Please register on-line <http://www.gfrcrun.org/> or complete the waiver/application below and mail to:

Barry Ostrow, 6 Braeburn Lane, Ashland, MA 01721

GFRC Busa Bushwhack Trail Run through Callahan State Park

Sunday November 4, 2007, starting at 9am

Brophy School in Framingham, MA

Waiver Must Be Read Carefully + Signed Before Running: I know that trail running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold, high heat, humidity, wind, rain, snow, ice, the conditions of the trails, all such risks being known and appreciated by me. I also understand that I will be responsible for my own safety at road crossings. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, my heirs and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Greater Framingham Running Club, its members, officers, volunteers, the Towns of Framingham, Marlborough, Southborough, the Commonwealth of Massachusetts, Sudbury Valley Trustees and all sponsors, their representatives and successors from all claims, actions 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 grant permission to all of the foregoing to use any photographs, motion pictures, recording or any record of this event for any legitimate purpose.

Print Runner's Name: _____

Address: _____

Email: _____

Age: _____ **DOB:** ____/____/____ **Male** **Female**

Running Club: _____

Distance: **5.3 miles** **9.3 miles** **Donation: \$** _____

Runner's Signature (Parent/Legal Guardian if under 18): _____

Date: _____