



5th Annual

Station Loop Ramble

Sunday, October 9, 2016, 9:30am

Including a Kid's One Mile, 5-Mile Classic and a 5k Run/Walk!

All events incorporate part of the *Mass Central Rail Trail* and start on Depot Road, at the intersection of West and Hardwick Roads, New Braintree.

START TIMES: Kid's One Mile at 9:30 am
5-Mile Classic at 10:00 am
5k Run/Walk at 10:05 am
Registration begins at 8:30am and ends at 9:30am



The 5-mile Classic is a hilly road and trail race with a flat fast finish on the *Mass Central Rail Trail*. Kid's One Mile and 5k Run/Walk are entirely on a flat course.

Race begins and ends at the site of the former New Braintree Train Station, travels past scenic farmland, and through deep woods, and skirts the Ware River. Adults must accompany children running this course. Each mile is marked and mid-run water stop provided.
Post race refreshments and free raffles to all entrants.

ENTRY FEE : \$20.00 per adult - \$10.00 for children age 13 and under
Special Discount for MA State employees and veterans - \$10.00
Registrations received by Sept 9, 2016 will receive a T-shirt
All fees are non-refundable

Make checks payable and mail to: *East Quabbin Land Trust, Inc.*
P.O. Box 5, Hardwick, MA 01037-0005

For more information, contact Cynthia Henshaw, 413-477-8229, chenshaw@eqlt.org or visit www.eqlt.org

Prizes will be awarded to the overall first place male and female finishers, and the top finishers in each category...plus a prize for the participant wearing the best costume! Age groups: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Please write clearly

| | |
|--------------------------------|---|
| Name: _____ | Age on race date: _____ |
| Address: _____ | Sex: M ___ F ___ |
| City _____ State ___ Zip _____ | T-shirt size: S ___ M ___ L ___ XL _____ |
| Email: _____ | 1-Mile ___ 5-Mile Classic ___ 5k Walk/Run ___ |

Waiver of Responsibility must be signed for registration to be considered valid.

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 the East Quabbin Land Trust's Station Loop Ramble 5-miler, I hereby, for myself, my heirs, executors and administrators, release and discharge all organizations, and individuals 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 in incident to, my participation in this event. I hereby certify that I will not participate in the run unless I am physically fit and sufficiently trained for completion of the event. I also give permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature (required) _____

Parent Signature (if under age 18) _____