



# The Assault on Mt. Hood V

**5th Annual Cross Country Race – 3.5 Miles**  
**Saturday, December 12<sup>th</sup>, 2009 at 12 Noon**  
 Pre-registration starting at 10:30am, 100 Slayton Road, Melrose

Sponsored by the Melrose Running Club in conjunction with  
 the Melrose Fish and Game Club  
 to benefit Housing Families, Inc. and other local charities

**Awards ■ Refreshments ■ Huge Post Race Party ■ Commemorative Pint Glasses to  
 1<sup>st</sup> 250 Applicants**

**Pre-Entry Fee - \$18 (postmarked by December 3rd) / Post-Entry Fee - \$20**

**For More Information: [www.melroserunningclub.com/assaultonmthood](http://www.melroserunningclub.com/assaultonmthood)**

For severe inclement weather, please check website for information

*Special thanks to the City of Melrose, Parks Department, the Office of Mayor Robert Dolan and Golf Management, LLC*

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|---------------|--|--|
| Name _____    |  | <b>Cross-Country Race</b> \$ _____<br><b>Addn'l Donation to charities</b> \$ _____<br><b>TOTAL ENCLOSED</b> \$ _____ |
| Address _____ | Phone ( _____ ) _____  |  |
| City _____    | State _____ Zip _____  |  |
| Gender _____  | Age _____<br>Age required for age category awards distribution |  |

**Category (Circle or Highlight one):** Men's Open, Women's Open, Men's Masters, Women's Masters

Your Email or Team Captain Email: \_\_\_\_\_

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

RELEASE: I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the race directors, The Melrose Running Club, The City of Melrose, Mt. Hood Golf Course, Melrose Fish and Game Club, and Golf Management, LLC, Housing Families, Inc., sponsors, vendors, volunteers and all assigns and will hold them harmless for any and all injuries suffered in connection with this event, including but not limited to: fall, contact with other participants, effects of the weather, traffic and conditions of the course, all such risks being known and appreciated by me. I absolve The City of Melrose and Mt. Hood Golf Course from any liabilities incurred on their property. I hereby certify that I am physically fit and able to compete in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph, or other coverage of this event.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

\* **Parent Signature** \_\_\_\_\_

\* Required if runner is under 18 years of age

Please make check payable to: **The Melrose Running Club X-C Race**

Return with payment to: **Melrose Running Club, PO Box 761022, Melrose, MA 02176**

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| <b>Official Use Only</b><br><b>BIB#</b> _____ |
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