



The Assault on Mt. Hood VII

7th Annual Cross Country Race – 3.5 Miles
Saturday, December 10th, 2011 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 1st 250 Applicants

Pre-Entry Fee - \$23 (postmarked by December 5th) / Post-Entry Fee - \$25

For Online Registration and Information: www.melroserunningclub/assaultonmthood.

For severe inclement weather, please check website for information. Please car-pool if you plan to attend with friends.

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

Name _____	Cross-Country Race \$ _____
Address _____ Phone (____) _____	Addn'l Donation \$ _____ to charities
City _____ State _____ Zip _____	TOTAL ENCLOSED \$ _____

Gender _____ Age _____ Age required for age category awards distribution

Team Registration: All Teams must register on Race Day. A team consists of 3 runners. Men's and Women's Teams.

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**

Official Use Only BIB# _____
