

MOUNT HOOD



GOLF CLUB

"Melrose's Emerald Gem"



The Assault on Mt. Hood X

10th Annual Cross Country Race ~3.5 Miles

Saturday, December 13th, 2014 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 - \$25 (postmarked by December 1st) / Post-Entry Fee - \$30

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, including Masters.

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# _____