



...rhymes with "cough"

# John B. Gough 3d annual Cold Water Run 5K Trail Run

*Sunday, August 21, 2016*

Check-in begins at 7:30am - Run starts at 8:30am

Organized by The Hillside Restoration Project, supporting restoration of the John B. Gough House, A National Historic Landmark and Boylston Parks & Rec, offering programs, services and facilities to enrich the lives of those in our Community. Timing & other race support by Central Mass Striders.

**\$20.00 registration fee through August 14<sup>th</sup> / \$25.00 August 15<sup>th</sup> Race Day**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email \_\_\_\_\_

**Emergency Contact Info:** \_\_\_\_\_

This event commemorates John B. Gough's legacy as one of the most important social reformers of the 19th century. This run will also celebrate Gough's Birthday (August 22nd, 1817 in Kent, England) The 5K Trail run will wind through the Hillside Estate on the trails surrounding Gough's 1848 house, which in it's day was a 100-acre working farm. The 5K largely follows cross-country courses that were used several years ago by local colleges and universities to host meets. Birthday Cake, along with other food and drinks will be served during the post-run party on the lawn of the Gough House. Awards will be given for overall and age group winners.

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RELEASE FROM LIABILITY FOR HILLSIDE RESTORATION PROJECT, RRCA, USATF AND CENTRAL MASS STRIDERS

Please enter me in the 1<sup>st</sup> Annual John B. Gough Cold Water Run 5k Trail Run and 1 Mile Fun Run. 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 John B. Gough Cold Water Run 5k Trail Run and 1 Mile Fun Run. I hereby, for myself, my heirs, executors and administrators, release and discharge the Hillside Restoration Project, RRCA, the USATF, the Central Mass Striders, and any and all other individuals, entities, and organizations 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 the event. I hereby certify that I will not participate in the John B. Gough Cold Water Run 5k Trail Run and 1 Mile Fun Run unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of my name and or picture in any broadcast, photograph or other account of this race. I understand that bicycles, skateboards, baby joggers, or strollers, roller skates, or blades, animals, and radio headsets are not allowed in the race and I abide by this guideline. I also agree that I will participate in the full distance of the race and will not take any deviation off the course. To do so could result in immediate disqualification if validated.

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Age of Participant on Race Day

\_\_\_\_\_  
Signature of Parent or Guardian (if applicable)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship

*Please also sign the release on reverse*

**YOUR REGISTRATION WILL NOT BE COMPLETE UNLESS BOTH RELEASES ARE SIGNED.**

