



5th. Annual Busa Bushwhack Trail Run*

Sunday, November 2, 2008

Registration: 8:00am, Race start: 9:00am

9.3 Mile and 5.3 Mile Course

Remember to set your clocks back!

Register on-line <http://gfrcrun.org/bushwhack/bushwhack.htm> **or mail in below.**

***Listed in the WMAC Grand Tree Trail Race Series & the Eastern New England Trail Race Series**

Location: Trails in Callahan State Park. Park and start at Brophy School, 575 Pleasant Street (Route 30), Framingham, MA 01701.

20 hill repeat training work-outs. This terrific course is a favorite for our club's weekly Sunday morning trail run. Check out Callahan on line at:

<http://www.mass.gov/dcr/parks/trails/callahan.gif>

Directions: From Route 9 in Framingham, take Temple Street north (near Gulf Gas Station). Go to the end of Temple Street and take a left onto Pleasant Street (Route 30). Brophy School is about 1/2 mile down the road on the right after Hickey Drive. Check out Google for directions. Type in: 700 Pleasant Street, Framingham, MA 01701: <http://www.maps.google.com>.

Amenities: Two water stops on the course at 2.5 and 6.5 miles. Bathroom facilities at Brophy School. Lots of good post race food.

Free Registration: *Donations appreciated.* On-site beginning at 8:00am. ID required. Parental signature on waiver needed for runners under 18 years old.

Awards/Prizes: Awards and prizes presented to the top male & female finishers in age categories.

Raffles: Periodic raffles throughout the day. Receive three raffle tickets for every \$5 donation. Proceeds support this event and other local running activities.

Course Description: This picturesque trail run has both double and single track and is flat if you prefer the 5.3M. The 9.3M has some hilly sections and runs through a few open meadows and by Beebe Pond. One of the hills you'll get to run is Busa's Hill (a.k.a. Gibbs Mountain) where Rich Busa runs his

Special notes: Run honors the venerable Rich Busa – trail runner extraordinaire! He will be on hand (trails) to take pictures with fans. Race director contact: barry@gfrcrun.org. Visit our website: <http://www.gfrcrun.org/>

Waiver Must Be Read Carefully + Signed Before Running: I know that trail running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold, high heat, humidity, wind, rain, snow, ice, and the conditions of the trails, all such risks being known and appreciated by me. I also understand that I will be responsible for my own safety at road crossings. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, my heirs and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, USA Track and Field, Greater Framingham Running Club, its members, officers, volunteers, the Towns of Framingham, Marlborough, Southborough, the Commonwealth of Massachusetts, Sudbury Valley Trustees and all sponsors, their representatives and successors from all claims, actions or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recording or any record of this event for any legitimate purpose.

Print Runner's Name: _____ **Age:** _____ **Male** **Female**

Address: _____ **Distance:** **5.3 miles** **9.3 miles**

Email: _____

Running Club: _____ **Donation Enclosed:** **\$10** **\$15** **\$20** **Other** _____

Runner's Signature (Parent/Legal Guardian if under 18): _____

Date: _____

Complete the waiver/application, make check out to GFRC and mail to: Barry Ostrow, 6 Braeburn Lane, Ashland, MA 01721