



# 6<sup>th</sup> Annual GFRC Busa Bushwhack Trail Race\* 10.0 and 5.3 Mile Course

**Sunday, November 1, 2009**

**Register: 8:00 - 8:45 am.**

**Race start: 9:00 am.**

Timing by Team GFRC; results to be posted at <http://www.coolrunning.com>

**Remember to set your clocks back!**

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

**Feel free to forward and/or distribute this application**

**Rich Busa turns 80 on October 30<sup>th</sup> and we're going to celebrate on race day – please join us for the festivities!**

**Registration Location:** Park and start at Brophy School, 575 Pleasant St. (Route 30), Framingham, MA 01701. Please carpool as parking is limited. In turn, save gas and enjoy the company.

**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. See [Map](#).

**Entry Fee:** \$10 if received or registered on-line by Friday October 30. After October 30, register on race day for \$15 beginning at 8:00 am. Entry fee is non-refundable. Entry fee waived for Trail Series Race Directors with mail in application.

**Course Description:** Natural trails (rocks & roots) of Callahan State Park (DCR). The 5.3 miler is a flat and double-track course with one steep hill; the additional 4.7 miles for the 10.0 miler has four additional hills with both double and single track trails. Enjoy your trail run and please be careful not to leave litter behind!

**Registration:** We encourage you to [register online!](#) Or, please fill out and mail in the application below.

**Online Info:** <http://gfrcrun.org/bushwhack/bushwhack.htm>

**Course Maps:** 10 mile and 5.3 mile maps available: [http://www.gfrcrun.org/bushwhack/bushwhack\\_maps.pdf](http://www.gfrcrun.org/bushwhack/bushwhack_maps.pdf)

**Amenities:** Use of school bathrooms & lots of good post-race food indoors at the school. Water stops on the course, but we recommend that you be self supporting.

**Running Gloves:** Busa Bushwhack/[Performance Health](#) Running Gloves while they last.

**Valuable Prizes:** For 1<sup>st</sup> place overall male/female finishers and 1st male/female finishers age 65+ in both races. **No duplicates.**

**Log Trophy Awards:** For 1<sup>st</sup> place overall male/female finishers and 1<sup>st</sup> place male/female finishers age 19 and under and each subsequent 10 year age group in both races. **No Duplicates.**

**Further Race Info:** email [barry@gfrcrun.org](mailto:barry@gfrcrun.org)

**Safety Restrictions:** No iPods, ear buds, headphones, jogging strollers, bicycles, or pets allowed on the race course.

**Retain Top Portion**

**GFRC Busa Bushwhack Trail Race 11/1/2009; Liability Waiver/Application Form. Please read, complete, print legibly and sign 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 this race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, the conditions of the trails; all such risks being known and understood by me. I also understand that I'm responsible for my own safety at road crossings and that any type of headphones, ear buds, mp3 players, iPods, strollers, bicycles and pets are not allowed in the race. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I hereby for myself, my heirs and anyone entitled to act on my behalf, waive and release any and all rights, claims, actions or liabilities for damages, present, future, anticipated or unanticipated of any kind resulting from or arising to me during this event, on the way to this event, upon leaving this event or incidental to this event that I may have against: The Road Runners Club of America, USA Track and Field, Greater Framingham Running Club, its members, officers, volunteers, the Towns of Framingham, Marlborough, the Commonwealth of Massachusetts, Sudbury Valley Trustees, all sponsors, their representatives and successors and all other individuals, entities and organizations associated with the race. I grant permission to all of the foregoing to use my name, photographs, motion pictures, recordings or any account of this event for any legitimate purpose.

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_ **Age on Race Day:** \_\_\_\_\_  Male  Female

**Street or P.O. Box #:** \_\_\_\_\_ **Distance:**  5.3M  10M

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Running Club Name:** (14 characters max) \_\_\_\_\_ **Race Fee:**  \$10 Pre Race  \$15 Day of Race \$ \_\_\_\_\_

**Runner's Signature. Parent or Legal Guardian if under 18. (ID required):** \_\_\_\_\_ **Additional \$ Support Appreciated** \$ \_\_\_\_\_

\_\_\_\_\_ **Date** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Total Enclosed:** \$ \_\_\_\_\_

Detach and mail waiver & completed form with check payable to GFRC to: Barry Ostrow, 6 Braeburn Lane, Ashland, MA 01721