



Colonial Road Runners Presents...the 11<sup>th</sup> Annual **BLUE HILLS TRAIL RACES**

“FOX TROT” (10 Miles) & “BUNNY HOP” (3 Miles)  
SUNDAY, APRIL 24, 2016 – 9:00 AM  
DCR BLUE HILLS RESERVATION - MILTON, MA.

**The Location:** Start and Finish next to the Blue Hills Trailside Museum, 1904 Canton Avenue (Rt. 138), in Milton. *Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North (“Milton”). Follow Rt. 138 for 1.2 miles to the parking lots for the Trailside Museum and the Blue Hills Ski Area (use either lot).*

**The Courses:** Come run on miles of beautiful trails in the scenic Blue Hills Reservation, just south of Boston. The well-marked courses follow dirt roads and forest paths, except for short paved sections at the start and finish of the races.  
The FOX TROT (10 miles) offers a mix of double and single-track trails with some hilly and rocky stretches. There are three water stops.  
The BUNNY HOP (3 miles) is recommended for new trail-runners. This course offers easier terrain on wide paths--but this is still a trail race, with plenty of small rocks and tree roots along the way! There is one water stop.

**Amenities:** Overall winners in each race receive Marathon Sports gift certificates and loaves of home-baked banana bread. Age-group winners receive chocolate-chip cookies. Post-race refreshments include soda, juice, bananas, and trail race munchies (cookies, chips, pretzels, etc.).

**Registration:** A \$10 minimum donation is requested. Additional contributions are greatly appreciated. *All profits from the races are donated to the children’s nature-education programs at the Blue Hills Trailside Museum. THERE IS NO SERVICE CHARGE FOR ONLINE REGISTRATION:*  
[www.signmeup.com/112348](http://www.signmeup.com/112348).

*REGISTRATION IS LIMITED TO 250 RUNNERS, due to state park permit restrictions. All runners must be pre-registered—there is NO race-day registration. Entries are non-transferable and non-refundable. FOR SAFETY’S SAKE: Due to the narrow trails, no dogs are allowed, and we request that you do not use headphones.*

**Information:** John Goldrosen, 781-447-2812, [trailrunning@colonialrunners.org](mailto:trailrunning@colonialrunners.org), or visit the Colonial Road Runners website, [www.colonialrunners.org](http://www.colonialrunners.org)

**2016 BLUE HILLS TRAIL RACES -- Entry Form**

**Amount Enclosed:** \$\_\_\_\_\_ *Please make checks payable to COLONIAL ROAD RUNNERS*  
**MAIL TO:** Blue Hills Trail Races, c/o Colonial RR, PO Box 2222, Abington, MA 02351

**RACE ENTERED:** FOX TROT (10 MILES) \_\_\_\_\_ or BUNNY HOP (3 MILES) \_\_\_\_\_

**NAME (Please print!)** \_\_\_\_\_ **M/F** \_\_\_\_\_ **Age on 4/24/16:** \_\_\_\_\_

**Street** \_\_\_\_\_ **City/Town** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Tel:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Club (if any):** \_\_\_\_\_

**RELEASE AND WAIVER:** I assume all risks associated with running in this event. I acknowledge that a trail race is inherently more dangerous than a road race, with an increased risk of injury. I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the Colonial Road Runners, RRCA, Department of Conservation and Recreation, Blue Hills Trailside Museum, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

**SIGNATURE:** \_\_\_\_\_ **(Parent/Guardian if Under 18)** **DATE:** \_\_\_\_\_