



**North Medford Club Overlook 7 Mile Trail Race and 5K Walk**

Sunday June 8, 2008 Rain or Shine  
9am Registration, 9:30 Walk, 10am Run  
Registration and Parking at Saima Park, 67 Scott Road, Fitchburg, MA

**Entry fee:** \$15 pre-registration before May 31<sup>st</sup>, \$20 post and day of race. 5K walkers and 5K runners \$12 pre and \$15 post. T-shirts to the first 100 entrants. Proceeds from race to benefit the Massachusetts Audubon, The North County Land Trust, and the North Medford Club.

**Awards and Refreshments:** Trophies will be awarded to the first male and first female 7M and 5K finishers. Light refreshments will be available after the race. Toilet facilities will be available at Saima Park. This race will be scored as part of the Eastern New England Trail Race Series.

**Course Description:** The 7 mile course will be run entirely within conservation land managed by the Massachusetts Audubon Society, North County Land Trust, and the City of Fitchburg Water Division. The race starts and finishes on Scott Rd. a short walk from Saima Park. Although the course offers a challenging degree of difficulty including single-track trails, rocky paths, and stream crossings, obstacles that enhance the running experience. Some of the highlights on the course include a junk art exhibit, a loop around the Overlook Reservoir, a climb up and over Flat Rock Road, the waterfall at the Chasm, depending on weather conditions mud and water along the Swamp Trail, pine needle floor trails, and single track through the pines on the Lightning Path.

**Directions:** from rte 2 eastbound take exit 28, rte 31 towards Fitchburg. Stay on rte 31, (Princeton Rd.). It will merge with rte 2A. Stay on 2A/31 until it splits again (rte2A/31-Westminster St.) Take rte 31, (Mechanic St.) north towards New Hampshire. Take left on to Scott Rd. Total distance from rte 2 is 7 miles.

From rte 2 westbound take exit 31 rte 12 towards Fitchburg. Take right at light after Market Basket Plaza. Take a left on to rte 2A (Main Street). Take a right on to rte 31 north. Take left on to Scott Rd. Total distance from rte 2 is 7 miles.



**Information:** NMC website: [www.NorthMedfordClub.org](http://www.NorthMedfordClub.org). Rene Lavoie, race director, [Rainman52@verizon.net](mailto:Rainman52@verizon.net).

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_ Club Affiliation \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ T-Shirt Size \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_

Signature \_\_\_\_\_ Parent or guardian if under 18 years of age.

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, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all individuals 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 incident to, my participation in this race and I am physically fit and sufficiently trained for competition in the race.

Mail applications and checks to: Marge Gladwin c/o North Medford Club  
16 Village View Road  
Westford, MA 01886

Make checks payable to the North Medford Club

Office Use:  
Amount Paid \_\_\_\_\_  
Check Number \_\_\_\_\_  
Date Received \_\_\_\_\_

