

M  
E

# 13th Annual

R i v e r

Saturday March 27, 2004



1  
0  
m

R

**Note: Accumulations of snow and ice may affect trail conditions, call to ensure race status.**

Time: 9:00 AM

Distance: 10.0 miles (out and back course)

Entry Fee: **Pre-entry, a whopping \$ 5.00. Post-entry, \$ 10.00.** SAVE and get your entry in early !!!!!!!!

**Make checks payable to Stephen Peterson.** Proceeds to benefit the Tom Chamberas Scholarship Fund. Post-race raffle.

I

Water Stations: At 2.5, 5, and 7.5 miles, plus start and finish

M

T-shirts (some M, most L and XL) **for an additional \$ 7.00** (include w/ race fee, only 90 (or so) available). They go fast!!

Home baked "Dunham" apple pie to male and female winners

Homemade "Barbara" banana bread to male and female (40 to 49) winners, Fresh baked cookies to 50+ winners

Refreshments (bagels, drinks, and snacks) will follow race

USATF Sanctioned & Complete Results will be posted on Coolrunning: <http://www.coolrunning.com>

**Portable Bathroom Facilities will be supplied, please use these rather than the Hotel's facilities.**

A

C

**Directions:**

From south and west: From Rte. 495 N to Rte. 93 N to exit 45. At end of exit take left, entrance to Wyndham Hotel is on the left, use parking on river side of hotel.

From north: From Rte. 93 S to exit 45. At end of exit take right continue from above.

K

This is not a regular race! It is a trail race, which means you'll have rocks, roots, and plenty of mud and puddles to deal with. Falling down on your derriere is a distinct possibility. The course will be well marked with survey tape. Markings will be placed the day before the race. There are some steep hills, steep down hills, and a few small stream crossings, but footing is very good for a trail race. Roadsters will enjoy the change and if you're careful, falling down may be avoided. NOT !!!! The course runs parallel to the Merrimack River and is out and back. The trail is well defined and offers some gorgeous views of the river and countryside. You will forget that you are 5 miles from two bustling, historic cities. The main purpose of this race is to provide the opportunity to use this great trail which is so close to most of us, to introduce trail running to the area, and to have fun. **So try it out and don't wear a good pair of white socks, they won't be white for long.**

R

**Mail entries to:** Stephen "Byrd" Peterson, 134 Robin Hill Rd., Chelmsford, MA 01824.

Questions?? Call Steve (508-486-4519 days, voice mail 24 hrs) or E-mail at [speterson@concord.com](mailto:speterson@concord.com)

Please enter me in the 12th annual Merrimack River Trail Run (MRTR). 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 the MRTR, I hereby, for myself, my heirs, executors and administrators, release and discharge the RRCA, the USATF, 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 this event. I hereby certify that I will not participate in the MRTR 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

V

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

E

Pre (\$5) (before 3/22): \_\_\_\_\_ Post (\$10): \_\_\_\_\_ T-shirt (please include **additional \$7.00**): yes \_\_\_\_\_

Running Club: \_\_\_\_\_ Age: \_\_\_\_\_ Male \_\_\_\_\_ or Female \_\_\_\_\_

D

Signature (Parent's if under 18): \_\_\_\_\_

T  
r  
a  
i  
l  
  
R  
a  
c  
e