



# THE ASSAULT ON MT. HOOD

15<sup>th</sup> Annual Cross-Country Race

3.5 Mile Run - 2 Mile Walk

Saturday, December 14<sup>th</sup>, 2019 at 12:00 PM

Mt. Hood Golf Club House 100 Slayton Road, Melrose

Day of registration starting at 9:30 AM

Pre-Entry - \$30 (postmarked by December 1)/Post-Entry - \$33

Online Registration and Information: [www.melroserunningclub.com/assaultonmthood](http://www.melroserunningclub.com/assaultonmthood)  
For severe inclement weather, please check website for information.

Special Thanks to City of Melrose, Parks Department, Mayor's Office and Golf Management LLC. *Net Proceeds Support Housing Families and other Local Charities*

**NOTE: Food and Beverages Available for Purchase at Mt. Hood Golf Club House**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Gender \_\_\_\_\_ Age \_\_\_\_\_ (Age required for age category awards)

Run \$ \_\_\_\_\_

Walk \$ \_\_\_\_\_

Donation HFI \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Team Registration: All Teams must register on Race Day. A team consists of 3 runners. Men's and Women's Teams, including Masters. Co-ed Teams of 3 (at least 1 Female)

RELEASE: I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the race directors, The Melrose Running Club, The City of Melrose, Mt.Hood Golf Course and Golf Management, LLC, Housing Families, Inc., sponsors, vendors, volunteers and all assigns and will hold them harmless for any and all injuries suffered in connection with this event, including but not limited to: fall, contact with other participants, effects of the weather, traffic and conditions of the course, all such risks being known and appreciated by me. I absolve The City of Melrose and Mt. Hood Golf Course from any liabilities incurred on their property. I hereby certify that I am physically fit and able to compete in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph, or other coverage of this event. No Refunds.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Parent Signature \_\_\_\_\_

\*Required if runner is under 18 years of age

**Please make check payable to: The Melrose Running Club X-C Race**  
**Return Payment to: Melrose Running Club, PO Box 761022 Melrose, MA 02176**