



# 7th Annual Thomas Chambers 6K Cross Country Race

Saturday, August 29, 2009

9:00 am

Great Brook Farm, Carlisle, MA

USATF and Michael Mahone Sanctioned XC Race



...adding tomorrows every day.

**About This Event:** In 2005 Thomas Francis Chambers was born. He was named after his late Uncle Tommy who died in 1994. When Thomas Francis was 10 days old he was diagnosed with Cystic Fibrosis. All funds from the race will benefit the Cystic Fibrosis Foundation ([www.cff.org](http://www.cff.org)).

**Location:** Great Brook Farm State Park, 984 Lowell Road, Carlisle, MA (Start at XC Ski Touring Barn)

**Cost:** \$20 (checks payable to Cystic Fibrosis Foundation). *Discounted entry to those who bike or run to the race start.*

### More info/Mail Entries

Anthony Chamberas  
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Waltham, MA 02453  
[achamberas@alum.bu.edu](mailto:achamberas@alum.bu.edu)  
781-899-0499

<http://cff.chambosfund.org>

### What they said in the past:

"Always what I thought cross country should be all about. A group of runners meeting in some field some place and racing through ungroomed woods and fields."—Ryan Carrara, 2007 race winner

"The course was AWESOME...truly a XC course. It was probably the best XC course on which I've ever competed."—GBTC Women's team

"Thanks for a great race. We hope to do it again next year. The kids had a good time."—Coordinator of the GLRR youth team

**Part of both the Eastern New England Trail Race Series and the USATF-New England XC Series**

## ENTRANT INFORMATION:

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

Email or Mailing Address: \_\_\_\_\_

Age on race day: \_\_\_\_ Gender: \_\_\_\_ Team (optional): \_\_\_\_\_

Did you carpool to the race? No Yes (# in carpool): \_\_\_\_

### How did you hear about this race?

past participant  coolrunning/web  email  mailing  word of mouth  saw flyer  other \_\_\_\_\_

### Waiver and Release

I KNOW THAT RUNNING AND CROSS COUNTRY RACING ARE POTENTIALLY HAZARDOUS activities. I the undersigned agree not to enter the Aug. 29, 2009 Thomas Chambers Cross Country Race unless I am medically and physically capable of doing so. I assume all risks associated with this race, including but not limited to falls, contact with other runners, getting lost, effects of the weather including high temperature, insect bites, contact with animals. I realize the race course is on trails with roots, rocks and other obstacles in the way. I and anyone entitled to act on my behalf, waive and release all race organizers and volunteers, the State of Mass., Great Brook Farm State Park, the Town of Carlisle, the Cystic Fibrosis Foundation, all municipalities and sponsors from rights and claims for damage, injury and illness I may have from this event. I grant permission to the forgoing to use any photographs or record of this race for legitimate purposes and certify my compliance with my signature.

Signature of entrant or parent if entrant is under 18