

5K Trail Race Details

- Rain or shine ~ 2pm start ~ Harvard Park (McCurdy Track), 34 Lancaster County Rd., Harvard, MA
- Registration & packet pick-up open from 11am - 1:45pm
- Course is wheel-measured to exactly 5.0 km & computer-timed by professional timing company
- Both runners (timed) & walkers (not timed) welcome

Course Description & Map

Start and finish on the McCurdy Track with the primary sections of the course on scenic wooded trails and field paths. The trail footing is a combination of crushed pack, dirt, coarse grass with leaves, roots and rocks. There are no road crossings and there will be a water stop along the route. Thanks to the Town of Harvard and private landowners for use of the lands and open space on race day. For a course map, go to www.runforthehills.org

Refreshments & Awards

Following the race, there will be light refreshments and an Awards Ceremony. Awards will be presented to the top female & male finishers as well as ribbons 3 deep in age groups (14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 & 70+) to be claimed at the ceremony.

Entry Fees

Early bird entries can be mailed or submitted on-line if received by September 1st

- \$20 early bird
- \$15 if current Harvard Conservation Trust member
- T-shirts presented to all early bird entries. Join the flock for t-shirts! Please indicate size.

Entries after September 1st

- \$25
- \$20 if current Harvard Conservation Trust member
- Please register before race day on-line only, at www.runforthehills.org or on race day at the Registration Desk with this form

Run for the Hills & Preserve Open Space

The hills of Harvard: whether it's the views from Prospect Hill, Bare Hill and Dean's Hill or the landscapes of Holy Hill, Oak Hill and Pin Hill, we appreciate their scenery and terrain . . . even on the uphill!

It's true what they say in these parts, "good luck finding the flats to run on. . ." Well, we might have done just that for this race. There's no "Heartbreak" here. We're proud of both the running legacies in town and the protected hills here. And who knows, it's just possible that there is a correlation.

The Harvard Conservation Trust, sponsor of "Run for the Hills", is a non-profit, charitable organization, working to protect the hills we run on. Our mission is to preserve the unique character and open space of Harvard and we appreciate all of the support we get from our friends and neighbors. Through Conservation, Stewardship and Discovery of the local world around us, one of our aims is to share the lands for outdoor education, recreation and enjoyment . . . won't you join us?

Our Land, Our Legacy

www.harvardconservationtrust.org

Directions

From Rte 2

- Take exit 38b in Harvard onto rte 110 North-Ayer/Groton
- Go .2 mile & take 1st left onto Gebo Lane to end (.1 mile)
- Take left to 34 Lancaster County Rd. Harvard Park & McCurdy Track are on right

Information, Registration & Race Application

www.runforthehills.org ~ info@runforthehills.org

Race director: Ted McMahan

You've seen us around town . . .

"Growing up in Harvard meant having an incredible array of conservation land and trails to run and bike whenever I wanted. My early love of beautiful and hilly terrain was fostered in Harvard and has lasted my entire life."

- Lynn Jennings, Olympic bronze medalist

"Harvard's protected land is the heart of its small-town character. The trails that wind through it are rich in both Shaker history and the memories of Harvard cross country running teammates."

- Emily Jones, division 1 collegiate runner

"Harvard's network of protected fields and wooded trails make every run not only a fun adventure, but also an opportunity for a spiritual rejuvenation."

- Ari Lambie, world class runner

Now look for our sponsors around town & the area



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