



# 19th Annual 5 Mile or 10 Mile “Run for the Trails”

**Saturday, September 16, 2023**  
**Myopia Schooling Field**  
**394 Bay Road, Hamilton, MA**

Pre-Registration Entry Fees (closes Sunday September 10<sup>th</sup>)  
5 Miles - \$20 ECTA member, \$30 non-member  
10 Miles - \$25 ECTA member, \$35 non-member

To check if your membership is active, or to become a member, go online [www.ectaonline.org](http://www.ectaonline.org)  
or call ECTA Office at 978-468-1133.  
(Race Day Registration Entry Fees all increased by \$5.)

**Divisions: 29 and under, 30-39, 40-49, 50-59, 60-69, 70+ Men and Women**

Complete this form OR Register Online at [www.ectaonline.org](http://www.ectaonline.org)!

Please send entry fees and completed registration form to: Essex County Trail Association, PO Box 358, Hamilton, MA 01936 - Phone: 978-468-1133. Please make checks payable to ECTA. If sent by mail this **MUST BE RECEIVED BY SUNDAY SEPTEMBER 10<sup>th</sup>**! If not, you must register the morning of the event at the registration table, same day fees apply. (Be sure to arrive early).

Name \_\_\_\_\_

Age (on day of race) \_\_\_\_\_ Gender M / F

Distance (circle one) 5 Mile or 10 Mile Phone \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

T-Shirt Size: (circle one) Small Med Lg XL No Shirt

\*1st 100 registered runners guaranteed a t-shirt!

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In consideration of this entry being accepted, I do hereby waive and release the race organizers, sponsoring organizations and companies and their agents, land owners, representatives and successors and the town and the state where the event is being held from all claim of action which I may at any time acquire as a result of my participation in this event. I understand this is a potentially dangerous activity and have trained sufficiently and understand the inherent risks involved. Registration is non-refundable.

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

Parent Signature for Participants Under 18 \_\_\_\_\_