

*The 2<sup>nd</sup> Annual Stoneham Cross-Country and Track and Field Alumni  
Cross-Country 3 Mile Challenge*

*Saturday, November 29, 2008 – 11:30 AM  
The Sheepfold. D.R.C. Fells Reservation*

All proceeds go to the Stoneham High School Athletic Department.  
Suggested Donation - \$20. Please make checks payable to the Stoneham Public Schools.  
All donations are greatly appreciated.

Race Day begins at 10:00 AM at J.J. Grimsby's for Early Registration Check-In and Day-Of  
Registration Sign-Up. At 11:00 AM, Race Day will move on to the Sheepfold for the 11:30 AM start  
time. When all the finishers have completed the course, Race Day will retire back to J.J. Grimsby's for  
results, awards, trash talking, et cetera.

Friends, relatives, and significant others are most welcome back at J.J. Grimsby's as well.

*TEAM DIVISIONS (Graduation Years): Even versus Odd.*

**SCORING:** We're trying a new system this year – Even Graduation Years versus Odd Graduation  
Years. The first FIVE finishers for each team will count for the scoring, and, as in cross-country,  
low score wins.

**PARTICIPATION:** Any athlete who competed and/or coached in at least ONE FULL SEASON  
of cross-country, indoor track, or outdoor track is welcome to compete in the SHS Alumni Challenge.  
Please complete and sign the information below and return to:

Kevin Norton  
SHS XC Challenge  
219 Hancock Street  
Everett, MA 02149

Additional questions may be directed to Kevin Norton at [kbn1084@yahoo.com](mailto:kbn1084@yahoo.com).

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Name: \_\_\_\_\_ Year of Graduation: \_\_\_\_\_ M or F: \_\_\_\_\_  
Street: \_\_\_\_\_ Apt. #: \_\_\_\_\_  
Town/City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_

**WAIVER:** I understand that running and racing are potentially hazardous activities. I will not enter the SHS XC  
Challenge unless I am medically able to compete. I further realize that participation in the SHS XC Challenge very well may  
include, but is not limited to, falls, contact with other runners, and the effects of any adverse weather conditions. I understand  
that the race course is over uneven terrain and is true cross-country, and do assume all risks associated therein. Having read  
this waiver, I, for myself and anyone entitled to act on my behalf, do waive and release the race organizers, volunteers,  
workers, and sponsors from any and all rights and claims for damage, injury, and/or illness that may arise due to my  
participation in the SHS XC Challenge. I grant permission to all of the forgoing to use any photographs or record of this race  
for legitimate purposes and certify my compliance with my signature.

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