

Codfish Bowl  
Cross Country Races  
Saturday, September 26, 2009  
Franklin Park, Boston



Presented by USATF - New England

Women's 5K at 11:00 a.m.

Men's 8K at 11:30 noon

The season's first open meet for all level of teams at Franklin Park.  
The standard 5K and 8K courses will be utilized

Fee: Teams: \$80 per team for up to 8 runners;  
\$5/runner over 8 runners (separate men & women fees)  
Individuals/unattached: \$10  
USATF membership required of all non-collegiate runners  
Cash, or check to "USATF-NE". All fees due on race day

Entries: Colleges: Submit rosters via email in a plain text file to  
[Office@usatfne.org](mailto:Office@usatfne.org)  
Deadline: Wednesday, September 23, 5 p.m.  
Van parking passes: please request by Sep. 21, to be mailed  
(Pass needed to park inside gates along finish.)  
Clubs: Submit rosters or individual entry forms  
All entrants must complete and sign a waiver at race  
Individuals: Submit form and fee in advance (preferred)  
Limited day of event entry. Sorry, no runners under age 15

Awards: Plaques to top teams, awards to top 7 individual finishers

The race is run with the cooperation of the Boston Parks Dept

Questions ? [office@usatfne.org](mailto:office@usatfne.org) - 617-566-7600