

**Codfish Bowl**  
**Cross Country Races**  
Saturday, September 25, 2010  
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

Fees: Teams: \$10 per runner for up to 8 runners;  
\$5/runner over 8 runners (separate men & women team 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 an excel file

(first name, last name, school/club, class) to [office@usatfne.org](mailto:office@usatfne.org)

Clubs: Submit rosters in an excel file or individual entry forms

\*\*\* All non-collegiate entrants must complete and sign a waiver at the race

Team Entry Deadline: Wednesday, September 22, 5 p.m.

Van parking passes: please request by Sep. 20, to be mailed

(Pass needed to park inside gates along finish)

Individuals: Submit form ( [www.usatfne.org/cross](http://www.usatfne.org/cross) ) and fee in advance

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