

Busa Bushwhack 2006

Greetings,

On Sunday September 10, 2006 the Greater Framingham Running Club (GFRC) will be holding its 3rd Annual 9.3 and 5.6 mile Busa Bushwhack Timed Trail race through the varied trails of Callahan State Park in Framingham and Marlboro MA. This pretty course is double and single track, has some rocky sections, is mostly flat with some hills and runs through a few open meadows and by Beebe Pond. One of the hills you'll get to run is Busa's Hill (a.k.a. Gibbs Mountain) where Rich Busa does his twenty hill repeat training work-out. This great course is a favorite for our club's weekly Sunday morning trail run.

Click on the following GFRC/Busa link for race details and other great information about Rich. <http://gfrcrun.org/bushwhack/bushwhack.htm> If you plan on running please complete the waiver/application form and email it to me at b.ostrow@comcast.net or snail mail it to me at 6 Braeburn Lane Ashland, MA 01721. This will help speed up the process on race day. We can also use volunteer help; just send in the person's name and contact info. The GFRC is putting on this race "free of charge" so donations to help defray costs are encouraged. Cash or check will be gladly accepted as well as any food items or prizes you would like to donate. We'll have awards to top finishers and plenty of prizes to raffle off.

We hope to see you there and would appreciate your forwarding or posting this announcement to friends, other running clubs or groups.

Happy trails!!
Barry Ostrow