

64 YEARS AND RUNNING!



# HINGHAM 4<sup>TH</sup> OF JULY ROAD RACE

Organized by Hingham Recreation Commission

## RACE INFORMATION

DATE / TIME: **Tuesday, July 4th, 2023, 7:00 AM**

START: **Hingham Middle School  
1103 Main Street, Hingham, MA**

COURSE LENGTH: 4.47 miles

\*SHUTTLE TO START LINE: 5:15 - 6:15 AM  
Departs from Station Street

\*RETURN TRANSPORTATION: 7:30-9:00 AM  
Departs from South St. by CVS parking lot

- 3 water stations and EMT services
- Restrooms at start area only
- Runner time is activated by MyLaps disposable timing chips at start mat, not gun time. Chips are attached to bib number.

## REGISTRATION, RUNNER NUMBER & T-SHIRT PICK UP\*

Saturday, July 1 9:00 AM - 5:00 PM

Sunday July 2 9:00 AM - 5:00 PM

Monday, July 3 9:00 AM - 12:00 NOON

At Hingham Recreation Center, 210 Central Street

**Tuesday, July 4 (RACE DAY) 5:30 AM - 6:30 AM**

At the Race at Hingham Middle School

1103 Main Street Hingham

## FEATURES FOR 2023:

- Live result texts and emails to runners
- Same day finish photos tagged to runners automatically

ENTRY FEE:  
**\$35.00**

Pre-registration fee ends  
on Monday July 3rd  
at 12 Noon  
(Non-refundable)

ENTRY FEE  
ON RACE DAY:  
**\$40.00**

Registration 5:30-6:30 AM  
(FIRM - NO EXCEPTIONS)

## Dry Tech T-shirts

100% polyester interlock jersey,  
moisture wicking rapid-dry fabric  
\*Guaranteed to pre-registered  
runners only.

**FOR RACE SAFETY: NO PETS,  
STROLLERS, BABY JOGGERS,  
SKATEBOARDS, OR BIKES.  
UNREGISTERED RUNNERS WILL  
BE DIVERTED OFF THE COURSE.**



210 Central Street, Hingham, MA 02043  
781-741-1464 • www.hinghamrec.com

Presenting Sponsor



Media Sponsors



## REGISTRATION FORM

Fill out a registration form for EACH participant (please print clearly)

PARTICIPANT NAME \_\_\_\_\_

What is your estimated  
minutes per mile? \_\_\_\_\_

AGE \_\_\_\_\_ DOB \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

SEX (CIRCLE): M F

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_

PHONE ( ) \_\_\_\_\_

T-shirt size (CIRCLE):  
S M L XL XXL

EMAIL \_\_\_\_\_

Make checks payable to:  
**Hingham Recreation Department**

**Consent Form and Release From Liability and Indemnity Agreement: All Hingham Recreation program offerings including but not limited to Fitness Classes, Child Care, Mommy's Morning Out, The Strider's Fitness Room and all pre-registration and drop-in programs**

I/We the undersigned, being the participant or the parent(s)/guardian(s) of the participant \_\_\_\_\_ (the "Registrant"), acknowledge that I/We are participating in a recreational program ("Program") sponsored by the Town of Hingham Recreation Department.

I/We agree that the Registrant will abide by the rules of the Town of Hingham Recreation Department and the Town of Hingham and will follow the instructions of all Town of Hingham Recreation Department staff, including sponsors, employees, volunteers and other personnel.

I/We recognize the risk of personal injury, fatality or property damage related to the participation in any Program hereunder. I/We also acknowledge that the Registrant may not participate in any Program hereunder unless I/We waive all claims, which I/We may have arising from the Registrant's participation in any Program hereunder. I/We agree to forever RELEASE the Town of Hingham, a municipal corporation of the Commonwealth of Massachusetts, and all its employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any Program hereunder ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorney's fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injury or fatality to myself or said minor child or property damage resulting from myself or said minor child's participation in any Program hereunder which I/We may now or hereafter have as the Registrant or parent/guardian of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorney's fees, arising from personal injury or fatality to myself or said minor child or property damage resulting from myself or said minor child's participation in any Program hereunder.

I/We further affirm that I/We have read this Agreement and that I/We understand the contents of this Agreement. I/We understand that the participation in any Program hereunder is voluntary and that I/We are free to choose not to participate in said Program. By signing this Agreement, I/We affirm that I/We have decided to participate in such Program hereunder with full knowledge that the Releasees will not be liable to anyone for personal injury, fatality or property damage that myself or said minor child may suffer as a result of any activities associated with the participation in any Program hereunder.

Permission is granted for use of photographs taken in promotional material, which may include but is not limited to flyers, notices, web sites and bulletin boards.

THE UNDERSIGNED REGISTRANT AND/OR PARENT/GUARDIAN HAS READ AND VOLUNTARILY SIGNS THIS AGREEMENT AND FURTHER AGREES THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENTS APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE.

Signature of Participant

Date

Signature of Parent(s) / Guardian(s) of Participant if under 18

Send the completed application and fee to the Hingham Recreation Department, or register online at [www.hinghamrec.com](http://www.hinghamrec.com).