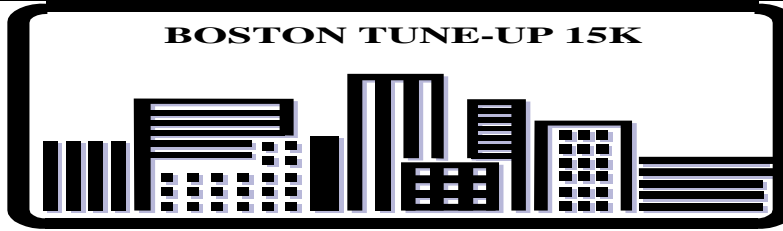


33RD ANNUAL TRI-VALLEY FRONTRUNNERS BOSTON TUNE-UP 15K

www.tri-valleyfrontrunners.com

Date: **Saturday**
MARCH 30,
2013

Time:
10:00 AM



A portion of after race funds will go to
~The Jimmy Fund~ ~Pan Mass Challenge~

Distance: **15km**
(9.320 miles)

Place: **NIPMUC**
REGIONAL HIGH
SCHOOL
PLEASANT STREET,
UPTON, MA

Awards - No Duplicates

- *Top Male & Female overall will be awarded trophies
- *Top 3 medals awarded to Male and Female categories:
Under 19, 19-29, 30-39, 40-49, 50-59, 60-69, & 70+
- *Results to be posted at www.coolrunning.com

- ** **PERSONALIZED BIBS** – to all pre-registers
** (1st name or nick name will be used)
- ***TECH T-SHIRTS** – to ALL pre-registered by March 20th
- * Ample parking in rear of school.
- * Indoor change & restroom facilities. (no showers)
- * Refreshments, Deserts, Soup for runners and helpers
- * Splits at miles one and five.

THE COURSE: This is one of the few wheel-measured 15k's available in the area. Mostly on scenic, rolling well marked paved roads. Start and finish at Nipmuc Regional (down the street from Valley Tech.) Markers at each mile. Digital clock at finish line. Aid Stations. Lead and trailing vehicles.

COURSE RECORDS: Casey Moulton (47:34) 2007 || Emily Raymond (56:00) 2012 (New Course)

AGE GROUP RECORDS & HISTORICAL WINNERS: Listed at www.tri-valleyfrontrunners.com

SCHEDULE: Registration begins at 8:30 – Start at 10:00 – Awards at 12:00 PM

ENTRY INFO: Pre-entry: \$ 20.00 (Under 19 \$15.00) - Over 70 NO FEE
Post-entry: \$ 25.00 (Under 19 \$15.00) - Over 70 NO FEE
MAKE CHECKS PAYABLE TO: "TVFR"

| Mailed pre-entry must be
| Postmarked before 3/20

(NO REFUNDS)



MAIL TO: BOSTON TUNE-UP, PO Box 708, FRAMINGHAM, MA 01701

(POSTMARK BEFORE 3/20)

CONTACT INFO: Frank: 508-473-4260
Gary: gatlas@comcast.net

On-LINE REGISTRATION: [HTTP://WWW.ACTIVE.COM/15K-RACE/UPTON-MA/33RD-ANNUAL-TVFR-BOSTON-TUNE-UP-15K-2013](http://www.active.com/15k-race/upton-ma/33rd-annual-tvfr-boston-tune-up-15k-2013)
On-Line Registration available until midnight 3/28/13.

DIRECTIONS TO NIPMUC REGIONAL HIGH SCHOOL, UPTON, MA

From Mass Pike – Take Exit 11A (495) Go south one exit to 21B towards Upton. After 5.7 miles, cross over Rte 140 and at the next traffic light, take a left on Pleasant St, Nipmuc Regional is a short distance on the right. Park behind the school. Registration is in the cafeteria (rear of the school)

From 495 – Take exit 21B and proceed as above.

From Rte 140: From Milford Area. After Upton Town Common and approx. 0.5 miles, bear left onto Pleasant Street to "Valley Tech." Continue on to Nipmuc Regional.
Or From Worcester Area, enter West Upton. Turn right at traffic light (Maple Street) Then 0.75 miles take a left on to Pleasant Street. Follow signs. Nipmuc Regional is on the right.

33rd ANNUAL BOSTON TUNE-UP 15km

Please read and complete and sign this application.

I know that running in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this race including, but not, limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and for anyone entitled to act in my behalf, waive and release the organization holding the event, the Towns of Northbridge, Upton, and the TRI-VALLEY FRONT RUNNERS from all claims and liabilities.

SIGNATURE :
(PARENTS IF UNDER 18) : _____

Internal Use Only
Bib #

PRINT NAME	FIRST	LAST	AGE	
HOME ADDRESS	NUMBER AND STREET		TOWN	(ON RACE DAY)
STATE →	ZIP →	YOUR EMAIL ADDRESS		
GENDER	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>		
T-SHIRT SIZE (PLEASE CIRCLE ONE ONLY)	S	M	L	XL
RUNNING CLUB NAME →	EMERGENCY PHONE #:			
		NICKNAME FOR BIB (OPTIONAL) 8 LETTERS MAX		