

Upton VFW - Post 5594

# Fifth Annual Run to Remember 5K Road Race!



## Saturday, October 4, 2014

5K starts at 9:00 a.m. / Kids Fun Run starts at 9:45 a.m.

Upton VFW, Route 140, Upton, MA

Walkers Welcome!

### Description

5K run is a fast start, mostly flat course, 100% roads. Walkers and joggers with strollers welcome - must start behind runners. No pets please. Runners will wear the name of a veteran. Water and bathroom facilities at check-in. Water at halfway point.

### When

Saturday, Oct. 4, 2014  
5K start at 9:00 a.m.  
Kids Fun Run start at 9:45 a.m.

Bib # pick-up on race day. Late registration available from 7:45 a.m. to 8:30 a.m. on race day at Upton VFW. NOTE: Cash or check only.

### Race Entry Fees

Early Registration: \$15 (tech t-shirt \$5 option) until Sept. 25<sup>th</sup>  
Post Registration: \$25 (on race day)  
Kids Fun Run: \$5

### Prizes

Gift certificates and prizes from area merchants - winners must be present to win.

### Registration

Applications available at multiple locations in town and/or by registering online at [www.ACTIVE.COM](http://www.ACTIVE.COM) Registration also available at Tuesday night cruise nights held at Upton VFW.

### Awards

Top three men and women overall. Male and female age division awards for age brackets: 12 and under; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+ Prizes also awarded to first Iraq/Afghanistan veteran and first Upton/Mendon teacher.

### GPS Directions

15 Milford Street (Route 140) in Upton

### Questions

E-mail [planeri@charter.net](mailto:planeri@charter.net); [grandpajoe5@verizon.net](mailto:grandpajoe5@verizon.net)

### \*\*\*Second Annual Kids Fun Run\*\*\*

For kids ages 10 and under; ¼ mile to a full mile (distance varies according to age)

Register: [online](#) or by mail (until 9/25) or on race day from 8:00 a.m. until 9:30 a.m.

Time: starts at 9:45 a.m.

Location: Baseball field behind VFW

Cost: \$5 and every kid gets a medal!

All proceeds benefit the George L. Wood Post 5594.

Members / veterans are so grateful for your support!

<<Detach here>>

RUN TO REMEMBER AND HONOR A VETERAN!!!

Names to be provided or bring the name of "your" veteran.

## Entry Application (please print clearly)

Make checks payable to the Upton VFW and mail with application for receipt by September 25<sup>th</sup> to: Upton VFW / George L. Wood Post 5594 P.O. Box 472 Upton, MA 01568

In consideration of our accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against Race officials, the Town of Upton, the Upton VFW, their staff and any representatives for any and all injuries by me in this event.

SIGNATURE :

(PARENTS IF UNDER 18) : \_\_\_\_\_

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"/>
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T-SHIRT SIZE (PLEASE CIRCLE ONE ONLY)	S	M	L	XL	XXL	EMERGENCY PHONE #:							
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RUNNING CLUB NAME →	Is this entry for the "Kid's Dash"? \$5.00	No	Yes

VETERAN OR UPTON → TEACHER?	Pre-Registration Only: \$15 Pre-Registration plus Tech T-Shirt: \$20 Post Registration on Race Day (no tech t-shirt): \$25 Kids Dash: \$5
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