

5TH ANNUAL LARRY OLSEN SUMMER CLASSIC 10K

www.tri-valleyfrontrunners.com

Date: **Saturday
August 16,
2014**

10K Start Time:
9:00 AM



LEGENDS NEVER DIE
Larry Olsen 1946-2009
HONORING THE LEGACY

"RUN IN THE FOOTSTEPS OF A LEGEND!"

After expense proceeds will go to
~The Larry Olsen Scholarship Fund~

Distance: **10km
(6.2 miles)**

Place: **HOPEDALE
TOWN PARK**

**DUTCHER & NORTHROP
STREETS,
HOPEDALE, MA**

~KIDS DASH 10:50AM~
~BIBS & RIBBONS FOR ALL~
~\$5.00~

THIS RACE IS NAMED IN HONOR OF **LARRY "LEGEND" OLSEN**. LARRY WAS AN OUTSTANDING RUNNER, COACH & FRIEND. HE WON USA TRACK AND FIELD MASTERS NATIONAL RUNNER OF THE YEAR FIVE TIMES, SET SEVERAL US NATIONAL MASTERS RECORDS, 2-TIME US OLYMPIC MARATHON TRIALS QUALIFIER, 17TH PLACE FINISH IN THE 1973 BOSTON MARATHON, WAS AN 8-TIME USATF-NE ROAD GRAND PRIX SERIES MASTER'S CHAMPION, AND HAD THE DISTINCTION OF BEING THE OUTRIGHT WINNER OF RACES IN EACH DECADE OF HIS LIFE FROM HIS TEENS TO AGE 60+. HE WAS A FOUNDER OF THE TRI-VALLEY FRONTRUNNERS RUNNING CLUB & DEDICATED COACH FOR THE HOPEDALE HIGH SCHOOL GIRLS CROSS COUNTRY TEAM.

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Awards - No Duplicates

- *Top Male & Female overall will be awarded trophies
- *Top 3 medals awarded to Male and Female categories:
14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+
- * Course records: Kevin Gorman 35:32 ('11) / Heather Mahoney 39:53 ('13)

- * **SHIRTS** - to all pre-registrations prior to 8/5/14.
- * COURSE ROUTE INCLUDES ~3mi of wide & mostly smooth park trails, remaining distance is on roads.
- * Ample street parking.
- * Refreshments for runners and helpers.
- * Results to be posted at www.coolrunning.com

SCHEDULE: Registration begins at 7:30AM - Start at 9:00AM - Awards at 10:30 AM - Kid's Dash 10:50am

Course is on both street & Hopedale park land ~~~ Larry's typical training route

Pre-entry: \$ 20.00 (19yrs & Under \$15.00) - Over 70 NO FEE (Postmarked before 8/5/14)

ENTRY INFO:

Post-entry: \$ 25.00 (19yrs & Under \$15.00) - Over 70 NO FEE Kids Dash: \$5

MAKE CHECKS PAYABLE TO: "TVFR" (NO REFUNDS)

MAIL TO:

(POSTMARK BEFORE 8/5/14)

CONTACT INFO:

LARRY OLSEN SUMMER CLASSIC, PO Box 708, FRAMINGHAM, MA 01701

Chris: chriskivior@yahoo.com Kid's Dash: juliacaruso21@gmail.com

Gary: gatlas@comcast.net



On-Line

REGISTRATION:

[HTTP://WWW.ACTIVE.COM/HOPEDALE-MA/RUNNING/5TH-ANNUAL-LARRY-OLSEN-SUMMER-CLASSIC-10K-2014](http://www.active.com/hopedale-ma/running/5th-annual-larry-olsen-summer-classic-10k-2014)

On-Line Registration available until midnight 8/14/14. (On-line kids dash registration available too!)

**DIRECTIONS TO
HOPEDALE TOWN
PARK,
DUTCHER &
NORTHROP STREET,
HOPEDALE, MA.**

From Mass Pike - Take Exit 11A (495). On Rt 495, take Exit 20 take a right onto Rt 85 & follow to Rt16. Follow through Milford. Pass lights at intersection of Rt. 16 and Rt. 140 (Milford Hospital is on the right). Take first right right onto Dutcher St. Go to intersection of Northrop Street.

From 495 - Take Exit 20 & proceed as above.

From Rt 146: get off at the Rt. 16 exit & go east through the towns of Uxbridge & Mendon into Hopedale. At traf (Cumberland Farms is on the left) turn left onto Hopedale St. Take first right onto Adin St. Turn right onto Dutche intersection of Northrop Street

From Worcester Rt 122: Follow to Rt. 140 South to Dutcher St. Turn right onto Dutcher St. Go to intersection



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Please read and complete and sign this application.

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my e anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, the Town of Hopedale, MA and the Road Runners Club of America sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though out of negligence or carelessness on the part of the persons named in this waiver. I also understand that there are no refunds regardless of the cause including a cancellation due to poor weather directed by town officials. I grant permission to all of the foregoing to use my photographs, motion or any other record of this even for any legitimate purpose.

SIGNATURE :

(PARENTS IF UNDER 18) : _____



PRINT NAME	FIRST	LAST	AGE	(ON RACE DAY)
HOME ADDRESS	NUMBER AND STREET		TOWN	
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 #:			
		Is this entry for the "Kid's Dash"? \$5.00		No Yes