

# 34<sup>TH</sup> ANNUAL TRI-VALLEY FRONTRUNNERS BOSTON TUNE-UP 15K

[www.tri-valleyfrontrunners.com](http://www.tri-valleyfrontrunners.com)

**Saturday  
April 5, 2014**

Time:  
**10:00 AM**



**BOSTON TUNE-UP 15K**  
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:  
18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, & 70+
- \*Results to be posted at [www.coolrunning.com](http://www.coolrunning.com)

- \*\* **PERSONALIZED BIBS** – to all pre-registers  
\*\* (1<sup>st</sup> name or nick name will be used) \*\*
- \*\* **COMMEMORATIVE SOUP MUGS\*** – first 400 Registered
- \* Ample parking in rear of school.
- \* Indoor change & restroom facilities. (no showers)
- \* Refreshments, Soup, Deserts 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 || Stephanie Reilly (54:21) 2013

**AGE GROUP RECORDS & HISTORICAL WINNERS:** Listed at [www.tri-valleyfrontrunners.com](http://www.tri-valleyfrontrunners.com)

**SCHEDULE:**

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

**ENTRY INFO:**

Early 'Bird' Pre-Entry (until 2/1/14) \$ 20.00 (Under 19 \$15.00) | Mailed pre-entry must be  
Late Pre-entry: \$ 25.00 (Under 19 \$20.00) - Over 70 NO FEE | Postmarked before 3/26)  
Post-entry: \$ 30.00 (Under 19 \$20.00) - Over 70 NO FEE  
MAKE CHECKS PAYABLE TO: "TVFR" (No REFUNDS)

**MAIL TO:**

BOSTON TUNE-UP, PO Box 708, FRAMINGHAM, MA 01701

**CONTACT INFO:**

Frank: 508-473-4260  
Gary: [gatlas@comcast.net](mailto:gatlas@comcast.net)



**On-LINE**

**REGISTRATION:**

[HTTP://WWW.ACTIVE.COM/UPTON-MA/RUNNING/DISTANCE-RUNNING/34TH-ANNUAL-TVFR-BOSTON-TUNE-UP-15K-2014](http://WWW.ACTIVE.COM/UPTON-MA/RUNNING/DISTANCE-RUNNING/34TH-ANNUAL-TVFR-BOSTON-TUNE-UP-15K-2014)

On-Line Registration available until midnight 4/3/14.

**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.

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**34th ANNUAL BOSTON TUNE-UP 15km**

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 medically able and 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 agree to abide by any 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 for any reason 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 but no limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not 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 entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, Boston Tune-Up 15K, the Towns of Upton, MA & Northbridge, MA and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise 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 circumstances including a cancellation due to poor weather directed by town officials. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

**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"/>		
RUNNING CLUB NAME →	EMERGENCY PHONE #:			
		NICKNAME FOR BIB (OPTIONAL) 8 LETTERS MAX		