

38TH ANNUAL FRANK NEALON BOSTON TUNE-UP 15K

www.tri-valleyfrontrunners.com

**Saturday
March 31,
2018**

**Time:
10:00 AM**



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

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

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

Awards:

- Open - Male and Female: 1st: \$300, 2nd: \$200, 3rd: \$100
- Masters - Male and Female: 1st: \$300, 2nd: \$200, 3rd: \$100
- Seniors - Male and Female: 1st: \$200, 2nd: \$150, 3rd: \$100
- 60 - 69 - Male and Female: 1st: \$100
- 70 - 79 - Male and Female: 1st: \$100

**** USATF-NE GRAND PRIX RACE:**
<http://www.usatfne.org/road/gp.html>

- ** **COMMEMORATIVE MUGS*** – first 400 Registered
- * **Ample parking** in rear of school and across street.
- * **Indoor change & restroom facilities.** (no showers)
- * **Refreshments, Soup, Desserts** for runners & helpers

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

SCHEDULE:

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

ENTRY INFO:

Pre-entry (2/1/18): \$ 35.00 (Under 19 \$30.00) - Over 70 NO FEE **postmarked before 3/23**
Post-entry: \$ 40.00 (Under 19 \$30.00) - Over 70 NO FEE
USATF Member \$30 (before 2/1/18), \$35 (after 2/1/18)
\$15 Discount for 2017 Registrants Due to Cancelled Race!!!
MAKE CHECKS PAYABLE TO: "TVFR" (No REFUNDS)



MAIL TO:

(POSTMARK BEFORE 3/23)

CONTACT INFO:

TVFR, PO Box 125, MILFORD, MA 01757
Race Director: Matt Kellogg mattkellogg1981@gmail.com

On-LINE

REGISTRATION:

[HTTPS://RACEWIRE.COM/REGISTER.PHP?ID=7370](https://racewire.com/register.php?id=7370)

**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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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 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 not 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, Frank Nealon 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) : _____

**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"/>		
RUNNING CLUB NAME →	EMERGENCY PHONE #:			
	USATF ATHLETE #:			