

13TH ANNUAL LARRY OLSEN CLASSIC 10K

www.tri-valleyfrontrunners.com

Date: **Saturday
Oct 14, 2023**

10K Start Time:
10:00 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 TOO!!

**USATF MASTERS HALL OF FAME INDUCTEE
(CLASS OF 2014)**

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 FRONT RUNNERS 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: Matthew Doran 35:03 ('14) / Heather Mahoney 39:53 ('13)

- * 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 results.active.com

SCHEDULE:

Registration begins at 8:30AM - Start at 10:00AM - Kids Dash 11:20am - Awards at 11:30 AM

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

Pre-entry: \$ 25.00 (19yrs & Under \$20.00) - Over 70 NO FEE (Postmarked before 10/4/23)

Post-entry: \$ 30.00 (19yrs & Under \$15.00) - Over 70 NO FEE Kids Dash \$5.00

MAKE CHECKS PAYABLE TO: "TVFR"

(NO REFUNDS)

MAIL TO:

(POSTMARK BEFORE 10/4/23)

TVFR, PO Box 125, MILFORD, MA 01757

CONTACT INFO:

Chris: chriskivior@yahoo.com

Gary: gatlas@comcast.net

"Like" us on [FACEBOOK](https://www.facebook.com/tri-valley-frontrunners)



On-Line

REGISTRATION:

[HTTPS://WWW.ACTIVE.COM/HOPEDALE-MA/RUNNING/DISTANCE-RUNNING-RACES/13TH-ANNUAL-LARRY-OLSEN-CLASSIC-10K-2023](https://www.active.com/hopedale-ma/running/distance-running-races/13th-annual-larry-olsen-classic-10k-2023)

On-Line Registration available until 6pm 10/13/23.

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 Rt. 16 West through Milford. Pass lights at intersection of Rt. 16 and Rt. 140 (Milford Hospital is on the right). Take first right onto Adin St. Turn 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 traffic light (Cumberland Farms is on the left) turn left onto Hopedale St. Take first right onto Adin St. Turn right onto Dutcher St. Go to intersection of Northrop Street

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

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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 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 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, the Town of Hopedale, 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) : _____

This Space For Race
Officials Use

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 #:		
		Kids Dash - Circle YES		