

Whitin Five-Mile Race & Two-Mile Health Walk



The 23rd Annual on Thanksgiving Day



The proceeds of this event will benefit the Whitin Community Center and the Massachusetts Audubon Society in Worcester.

Date: Thanksgiving Morning
November 24, 2011
Rain, Snow or Shine!

Time: Race begins at 8:10 AM
Registration at 7 AM

Location: Whitin Community Center
60 Main Street, Whitinsville, Ma. 01588
508-234-8184

Purpose: To promote health and fitness for the whole family and to support programs that will protect the environment.

Course: Flat, rolling, and fast. Mile markers, water stop. USATF course certified #MA07032JK.

Amenities: Computer chip timing by RaceWire. Showers, lockers, raffles, coffee & refreshments. Race sanctioned by RRCA. T-shirts must be picked up by 8 AM.



Cash Prizes

1 st Woman	\$75.00
2 nd Woman	\$40.00
3 rd Woman	\$30.00
1 st Man	\$75.00
2 nd Man	\$40.00
3 rd Man	\$30.00
1 st Master Woman	\$50.00
1 st Master Man	\$50.00
1 st Senior Woman	\$50.00
1 st Senior Man	\$50.00
1 st Veteran Man	\$50.00
1 st Veteran Woman	\$50.00
1 st 70+ Person	\$50.00

Merchandise

Top 3 per division.
One award per person.
Must be present to claim award.

- Divisions:
Male and Female~
A. Under 13
B. 13 – 19
C. 20 – 29
D. 30 – 39
E. 40 – 49
F. 50 – 59
G. 60 – 69
H. 70 – 79
I. 80+



Bonus!
\$50.00 for New Course Records!

Open:
1991 - Jane Welzel – 27:51
1990 – Scott Mason - 24:41

Master:
2001 – Mary Lammi – 29:43
1990 – Larry Olsen – 25:41

Fees:
\$22.00 Pre-entry before day of race
\$25.00 Post-entry race day morning (\$3 less for students under age 23)
Walkers may enter and receive t-shirt, but are not eligible for awards.
*No walkers on the run course.

Make checks payable to:
Whitin Five
Mail to: Linda Usher
Race Director
131 South Street
Upton, MA 01568

Registration is non-refundable

For race information call:
508-529-6862
e-mail:
juniperhill@charter.net
www.whitinfive.com
www.facebook.com/whitinfive

Mugs to first 50 finishers! Plus ~ Long-sleeved 100% cotton t-shirts guaranteed to all who pre-register by November 14!

WCC Ticket to Ride Raffle will be drawn on race day - www.WhitinCommunityCenter.com for more info!

-----please cut-----

Please enter me in the 2011 Whitin Five Mile Road Race/Two-Mile Health Walk. I agree to assume all responsibility for all damage or injury to me as a participant in the event. In consideration for being accepted as an entrant in these events, I hereby for myself, my heirs, executors, and administrators, release and discharge the RRCA, and any and all individuals and organizations associated with the race, from all claims, damages, rights of action, present and future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or incident to my participation in this event. I hereby certify that I will not participate in the Whitin Five Mile Road Race/Two Mile Health Walk unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of name, and/or picture, in any broadcast, photograph, or other account of this race. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Race to be completed within seventy minutes.

Please Print Clearly*

Name _____ M _____ F _____ Age _____ Birth Date _____

Address _____ email: _____

Town, State, Zip _____

5-Mile Race ___ Walk ___ Club _____ Phone _____

Signature (Required) _____ Parent Signature if under 18 _____

Course Map ~ Race Location

FROM THE EAST OR WEST:

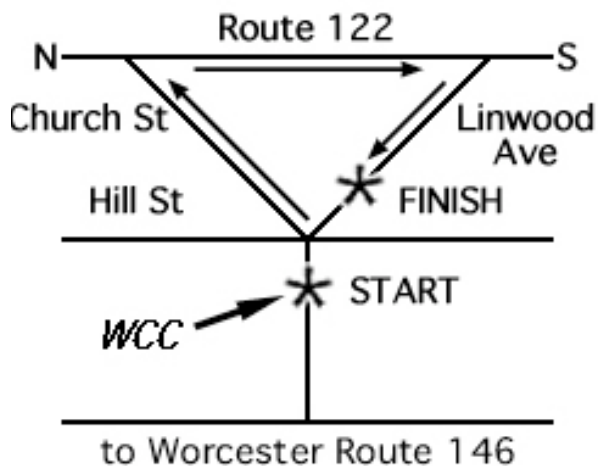
MASS TURNPIKE (I-90) TO EXIT 10A
(WORCESTER/RTE. 146). FOLLOW RTE. 146
SOUTH 8 MILES TO "PURGATORY ROAD"
EXIT.
TAKE A LEFT AT THE END OF THE EXIT
RAMP. FOLLOW THIS ROAD ABOUT 3 MILES
INTO THE CENTER OF WHITINSVILLE. (NOTE:
PURGATORY ROAD BECOMES NORTH MAIN
STREET AND THEN MERGES WITH MAIN
STREET OVER THIS 3 MILES STRETCH.)
WHITIN COMMUNITY CENTER WILL BE ON
YOUR LEFT. GO PAST BUILDING 200 YARDS
FURTHER TO TRAFFIC LIGHT.
TAKE A LEFT AT THE LIGHT ONTO HILL
STREET. TRAVEL UP HILL STREET 100 FEET.
ENTRANCE TO WHITIN COMMUNITY CENTER
PARKING LOT IS ON THE LEFT.

FROM THE NORTH:

I-495 SOUTH TO I-290. CONNECT TO RTE. 146
IN CENTER OF WORCESTER AT BRONAHAN
SQUARE.
FOLLOW RTE. 146 SOUTH TO PURGATORY
ROAD EXIT. (FOLLOW DIRECTIONS ABOVE.)

FROM THE SOUTH:

NORTH ON RTE. 146 TO LACKEY DAM ROAD
EXIT. TURN RIGHT AT END OF RAMP.
FOLLOW ROAD 3 MILES TO CENTER OF
WHITINSVILLE (TRAFFIC LIGHT) (NOTE:
LACKEY DAM ROAD BECOMES DOUGLAS
ROAD AS YOU HEAD TOWARDS
WHITINSVILLE.). PROCEED STRAIGHT
THROUGH TRAFFIC LIGHT UP HILL STREET
100 FEET, TURN LEFT INTO WHITIN
COMMUNITY CENTER PARKING LOT



Look for race results
posted on
coolrunning.com

Our Gratitude to the Following Whitin Five

2011 Sponsors:

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WHITINSVILLE MCDONALD'S
WHITINSVILLE FAMILY DENTAL CENTER
UNIBANK
WALMART
ZICO PURE COCONUT WATER

SPECIAL THANKS TO

THE NORTHBRIDGE POLICE DEPARTMENT and
THE WHITIN COMMUNITY CENTER

Whitin Community Center's Ticket To Ride Raffle for Youth Outreach!

Grand Prize: 2011 Ford Fiesta 4-door Sedan SE

First Prize: Cub Cadet Snow Thrower

Second Prize: Vizio 47" 3-D LCD HDTV

Third Prize: Broilmaster Stainless Steel Grill

Fourth Prize: \$500 Hannaford Supermarket Gift Card

Purchase tickets at Whitin Community Center, 60 Main Street, Whitinsville, MA. Only 1200 tickets will be sold!