

Upton VFW - Post 5594

10th Annual **Run to Remember** 5K Road Race!

Saturday, October 5, 2019 (& 1.4 mi Walk)

5K starts at 9:00 a.m. / Kids Fun Run starts at 9:45 a.m.

Upton VFW, Route 140, Upton, MA

Walkers Welcome!

Description

5K run is a fast start, mostly flat course, 100% roads. Walkers and joggers with strollers welcome - must start behind runners. No pets please. All can wear the name of a veteran. Water and bathroom facilities at check-in. Water at halfway point.

When

Saturday, Oct.5, 2019
5K start at 9:00 a.m.
Kids Fun Run start at 9:45 a.m.

Bib # pick-up on race day. Late registration available from 7:45 a.m. to 8:30 a.m. on race day at Upton VFW. NOTE: Cash or check only.

Race Entry Fees

Early Registration: \$20 (t-shirt \$5 option) until Sept. 24th
Post Registration: \$25 (on race day)
Kids Fun Run: \$7

Prizes

Gift certificates and prizes from area merchants - winners must be present to win.

Registration

Applications available at multiple locations in town and/or by registering online at www.Active.com
Registration also available at Tuesday night cruise nights held at Upton VFW.

Awards

Top three overall men and women.
Male and female age division awards for age brackets: 12 and under; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+
Prizes also awarded to first 3 M/F Veterans and first M/F Teacher, Police & Fire Fighter .

Questions

E-mail: dbkenn69@aol.com



7th Annual Kids Fun Run

For kids ages 10 and under; ¼ mile to a full mile (distance varies according to age)

Register: on race day from 8am until 9:30am

Kids Race: starts at 9:45 a.m.

Location: Baseball field behind VFW

Cost: \$7 and every kid gets a medal!

Results Posted in www.COOLRUNNING.COM

GPS Directions

15 Milford Street (Route 140) in Upton

All proceeds benefit the George L. Wood Post 5594. Members / veterans are so grateful for your support!

RUN TO REMEMBER AND HONOR A VETERAN!!!

Names to be provided or bring the name of "Your" Veteran with you.

Entry Application (please print clearly)

Make checks payable to the Upton VFW and mail with application for receipt by September 24th to: **Upton VFW / George L. Wood Post 5594 P.O. Box 472 Upton, MA 01568**

In consideration of our accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against Race officials, the Town of Upton, the Upton VFW, their staff and any representatives for any and all injuries by me in this event.

SIGNATURE : _____
(PARENTS IF UNDER 18) :

PRINT NAME	FIRST	LAST	AGE
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HOME ADDRESS	NUMBER AND STREET	TOWN	(ON RACE DAY)
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STATE →	ZIP →	Event	RUNNER <input type="checkbox"/>	YOUR EMAIL ADDRESS
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GENDER	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WALKER <input type="checkbox"/>
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\$5 Optional T-Shirt (PLEASE CIRCLE ONE ONLY) S M L XL XXL	EMERGENCY PHONE #:
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RUNNING CLUB NAME →	Pre-Registration Only: \$20
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CIRCLE ONE (IF APPLICABLE) →	* Veteran	* Police Officer
	* Teacher	* Fire Fighter

Pre Registration plus T-Shirt: \$25
Post Registration on Race Day (no t-shirt): \$25
Kids Dash: \$7