

Presented by



VFW Post 3295

Third Annual

VFW-SMAC Run Round the Mountain 5K and 10K

**Saturday, May 24, 2014
8:30 a.m.
South Deerfield, MA**

**5K and 10K Road Race around
the Base of Mount Sugarloaf**

Course Description

Both races begin in the center of South Deerfield, by the intersection of North Main Street and Sugarloaf Street. The 10K starts on North Main, climbs up and over Hillside Road and makes a clockwise loop around the base of the Mountain. The 5K is an almost flat out-and-back that starts out in the same direction as the 10K.

For detailed maps, go to MapMyRun.com:

 **10K:** <http://www.mapmyrun.com/routes/view/74048334>

 **5K:** <http://www.mapmyrun.com/routes/view/74044298>

Fees

before race day: \$20 for the 10K /
\$15 for the 5K

on race day: \$25 for the 10K /
\$20 for the 5K

** T-shirts are guaranteed **only** to registrations received before May 9, 2014 **

Prizes

Prizes will be awarded to the top 3 overall male and female finishers, and to the first male and female finisher in each of the following age categories:
15 and under, 16-19, 20-29, 30-39, 40-49,
50-59, 60-69 and 70+

New this year:

- **Prize for first male/female military member (current or past)**
- **\$50 cash prizes for breaking the male and female 10K course records !**
- **two \$50 random drawing prizes**

To Register

Complete registration form below or go to RunReg.com

online registration ends on May 21, 2014

Race day registration will be available

Race-day registration and number pickup will be at the Senior Center
in the center of S. Deerfield (corner of Conway and N Main).

Race start is on Park St (along the town common).

For More Information

Contact John Reino at jreino11@comcast.net or 413-397-3030

OR check out the SMAC web site at www.sugarloafmac.org

ENTRY FORM *Second Annual VFW-SMAC Run Round the Mountain 5K and 10K*

Complete all sections and mail to:

Sugarloaf Mountain Athletic Club, PO Box 379, Hadley, MA 01035

Make checks payable to SMAC

WHICH RACE ARE YOU REGISTERING FOR ?? (circle one) 10K 5K

LAST NAME _____ FIRST NAME _____

GENDER _____ AGE on race day _____ T-SHIRT (circle) M/F SIZE _____
(note that t-shirts are guaranteed only if registration is received by May 9)

MEMBER of the MILITARY (current or past) ? Yes No

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Waiver: I understand that participating in a road race is a grueling situation which could result in bodily harm. In consideration of my entry being accepted, and the grant of permission for participation in the above named race, I for myself, my heirs, executors, administrator, and assigns, do hereby and with full knowledge of the consequences for this act, waive and release and all rights and claims for personal injury or other loss or damage which may arise from said entry and/or participation in this race, against any and all sponsors, backers, supporters, and contributors to this race, including but not limited to the Town of South Deerfield, the race directors, organizers, administrators, officials, and volunteers, and the business sponsors and promoters of this race. I also understand that there are no refunds regardless of the circumstances.

SIGNATURE _____

DATE _____