



27th Annual Stu's 30K Road Race



Sunday March 5th, 2006, 11:00 a.m.
Clinton Middle School – Rt. 110 – Clinton, Ma.

Location: The Clinton Middle School is located on Route 110, one mile from the center of Clinton and six miles from Tahanto Regional High School, the format Start/Finish point of Stu's 30K.

Directions: From 495 N/S, take Route 2 west to Route 190S, Exit 33 towards Worcester. Take Exit 5, 140S. Take a left on Route 12/110, then right on Route 110 to Clinton Middle School. From Worcester, take Route 190N to Exit 5, then see above.

Sanctioned: This is a Road Runners Club of America Sanctioned road race.

The Course: A very hilly loop on paved roads around Wachusett Reservoir. USATF Certified. An excellent tune-up for Boston.

T-Shirts: To all who pre-enter by February 21st with a limited number possibly available race day.

Awards: Stu's hooded sweat tops awarded on a percentage of finishers in the open, masters, seniors, veterans and 70+ categories. The top male and female finisher will receive a free night at the Nantasket Beach Hotel, good anytime.

Amenities: Changing/shower facilities. Eight water stations. Splits at 1, 2, 10, 15 miles and 10-K, 20-K. A well marked and monitored course.

Entry Fee: Pre-registered \$20.00 (Recv'd by Feb. 21st) or \$25.00 Day of Race. Please Make Checks Payable to CMS.

Mail Pre entries to:

Stu's 30-K
P.O. Box 60002
Worcester, MA 01606-0002

Online Registration & Results

www.cmsrun.org

Information: Contact: Dave King, 978-840-8907; Stu's 30K, PO Box 60002; Worcester, MA 01606-0002.
E-mail: dking@corrpacinc.com or check the CMS website at www.cmsrun.org.

The 27th Annual Stu's 30K Road Race

Please enter me in the 27th Annual Stu's 30K Road Race. I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in Stu's 30K, I hereby, for myself, my heirs, executors and administrators, release and discharge the RRCA, the USATF, the Central Mass Striders, and any and all other individuals, entities, and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I will not participate in Stu's 30K unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of my 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 abide by this guideline.

Runner must be 18 years old as of March 5th, 2006

Signature (required) _____ **Date of Birth** _____ **Age day of race** _____

Name (please print) _____ **Sex** M _____ F _____

Address _____ **State** _____ **Zip** _____

T-Shirt size: M LG. X.L. **Phone** _____ **Running Club (if any)** _____

