TRIVALLEY FRONT RUNNERS
23rd ANNUAL BOSTON TUNE-UP 15km

Date: **Saturday April 5, 2003**
Time: **10:00 A.M.**

Distance: 15Km (9.3 miles)
Place: Nipmuc Regional High School
Pleasant St. Upton, MA

Male and Female Categories:

A..... Under 19
B..... 19 - 29
C..... 30 - 39
D..... 40 - 49
E..... 50 - 59
F..... 60 - 69
G..... 70+

* New facility with ample parking.
* Video tape of course for pre-race viewing
* Refreshments for runners and helpers
* Awards - no duplicates
* Splits at miles one and five. Course is wheel-measured
* Radio Communications
* Results to be at "Cool Running" on the Web
* Gran Prix Selection = Hockomock Swamp Rat – '01
* **T- Shirts - First 125 Registered ***

A Portion of
After-Race Expenses
will go to the
Jimmy Fund
~Pan-Mass Challenge~

THE COURSE: - This is one of the few 15k's available in the area. Mostly on scenic, rolling, well marked, newly paved roads. Start and finish at Nipmuc Regional (down the street from Valley Tech.) Markers at each mile. Aid Stations. Lead and trailing vehicles.

SCHEDULE: - **Registration begins at 8:30; Start at 10:00; Awards at 11:30**

RECORDS: - Kevin Beck 48:56 ('01) Mary Lammi = 55:10 ('86)

ENTRY INFO:
- Pre-entry = $12.00 **(Under 19:** $10.00)
- Post-entry = $15.00 **(Under 19:** $10.00)
- Make checks payable to: **TriValley Front Runners.** *No Refunds!!!*

PHONE INFO: - **Larry (508) 634-8666, Ray (508) 839-2639**

MAIL TO: - **Frank Nealon, Race Director, 66 Taft Street, Milford, MA 01757 (508) 473-4260**

DIRECTIONS:
- ***From Mass Pike:*** Take Exit 11A (495) Go South one exit to 21B. Go towards Upton. After 3 Miles (At a pond) Take a left on School Street. Follow signs to Valley Tech. Nipmuc Regional – 0.5 miles down the street.
- ***From 495:*** Take exit 21B and proceed as above.
- ***From Rte 140:*** From **Milford Area.** After Upton Town Common and approx. 0.5 miles, bear left onto Pleasant St. to "Valley Tech." Continue on to Nipmuc Regional. Or ... From **Worcester Area,** enter West Upton. Go right at traffic light. Then 0.75 miles, take left on Pleasant St. Follow signs. Nipmuc Regional on the right.

*** Upton Police = 508/529-3200 ***

---------- DETACH HERE ----------

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Please read, complete and sign this application
I know that running in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and for anyone entitled to act in my behalf, waive and release the organization holding the event, the Towns of Northbridge, Upton, and the **TRIVALLEY FRONT RUNNERS** from all claims and liabilities.

Signature (parent's if under 18) _____

Name_____ **Male**_____ **Female**_____ **Age**_____

Address_____ **Town**_____

State_____ **Zip**_____ **Club**_____

For Internal Use Only

Bib #_____