

* A New England Running Tradition Continues! *

The 53rd Running of the...
FRED S. WARREN
5.5 MILE ROAD RACE

- Date:** Sunday, July 24, 2016
Time: 6:30 PM
Location: Commerce Bank, 1057 Main Street, Holden, MA
Course: The course will start and finish at Commerce Bank which is across the street from Friendly's Restaurant, near the center of Holden. It is a hilly 5.5 mile loop. (East on Main St. to Bailey Rd. to Reservoir St. to South Rd/Rt. 31 back to starting point)
Aids: Timed splits... Mile markers... Water stations... Post race drinks & fruit
T-Shirts: The first 100 entrants will receive a T-shirt.
Awards: Merchandise prizes will be awarded to the top finishers in the veteran, open, masters, senior and junior divisions.
Entry Fee: Pre-race entry: \$15.00
Day of race entry: \$20.00
Mail entries to: Central Mass Striders, PO Box 922, Worcester, MA 01613-0922. **MUST BE POSTMARKED BY 7/20!**
Make checks payable to: Central Mass Striders
For further info, contact Steve Laska at 508-450-1374 or

SPONSORED BY:



McKinlay's Liquors

sneakerama
FOR THE LONG RUN



ENTRY FORM

FRED S. WARREN ROAD RACE ** July 24, 2016

In consideration of the acceptance of this entry, I hereby forever waive and release all associated individuals and organizations from all claims or cause of action which I at any time acquire as a result of participation in the Fred S. Warren Road Race.

NAME _____ M _____ F _____

ADDRESS _____ AGE _____

RUNNING CLUB OR SCHOOL _____

SIGNATURE or Parent if under 18 (required) _____