

Stu's 30K Road and Relay Race
Sunday March 1, 2015, 11:00 a.m.
Clinton Middle School
100 W. Boylston St. (Rte 110) Clinton, MA



Time: Registration 9–10:45am Race 11:00 a.m.

Location: Clinton Middle School 100 West Boylston St. (Route 110), Clinton, MA

Directions: From 495 N/S take Exit 26, left on Rte 62 towards Clinton/Berlin. Follow Rte 62, Take right on Rte 62/70 and follow into Clinton, left on Rte 110. Clinton Middle School on left.

From 190 N/S take Exit 5, 140 South. Take left on Rte. 12/110, then right on 110. Clinton Middle School on right.

Distances: 30k and 2-4-person relay (each leg between 4 and 5 miles)

Course: Very hilly loop on paved roads around Wachusett Reservoir

**Tech-shirts: Free tech shirts to all paid entries who have pre-registered by February 12, 2015
For those whose entry fee is waived, please send an application and indicate size**

Awards: Awards to top finishers and top relay team. Stu's sweat shirts awarded in the following age categories 18-29, 30-39, Masters, Seniors, Veterans, and 70+ categories.

Amenities: Free Parking, Changing/shower facilities. Water Stops and Gatorade approximately every 3 miles. Porta-Potties on course. Well marked and monitored course. Post race refreshments and raffle.

Timing and Scoring: RaceWire

Entry Fee: 30K Race--\$40 for on-line registration. Mail-in applications: \$45

Race Day Registration: 30k -\$50 2-4 Person Relay - \$25 per person

Relay teams limited to 50 teams.

Entry fee waived for runners 70 and over.

On-line Registration Please see CMS website at CMSrun.org and go to events select Stu's 30k

Mail pre-entries to: Stu's 30K/CMS

P. O. Box 922

Worcester, MA 01613-0922

Information: Contact Evelyn Dolan at 978-342-4080 or stus30k@verizon.net

Cancellation Policy: We reserve the right to cancel the race due to inclement weather or unsafe road conditions. Every attempt will be made to hold the race but the Town of Clinton and the Clinton Police Department will make the final decision about whether the race course is safe for runners, monitors, and vehicular traffic. The entry fee is non-refundable, check the CMS website at www.cmsrun.org for race updates and click on the bulletin board.



Stu's 30k Road and Relay Race

Please enter me in the 2015 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 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, roller skates, or blades, animals, and radio headsets are not allowed in the race and I abide by this guideline.

Signature (required) _____ **AGE** _____
Relay participants under the age of 18 need to have parent/legal guardian sign

Name (Print) _____ **DATE OF BIRTH** _____ **SEX** M F

Address _____ **State** _____ **Zip** _____
Street Town

Tech-shirt size: S M LG XL **Running Club** _____

Team Name (Relay Teams Only) _____

Phone _____ **E-Mail** _____

Emergency Contact _____ **Emergency Phone** _____

Event: 30k _____ **\$40 (\$50 Race day registration)** **TOTAL**
\$ _____
Relay _____ **\$25 per person** \$ _____

Names of Relay Team Participants:
Leg 1 _____
Leg 2 _____
Leg 3 _____
Leg 4 _____

Each Relay Entrant must complete application, sign waiver and send in together
Relay team limited to 50 teams

30k participants must be 18 years of age by 3/2/2015

MAKE CHECKS PAYABLE TO "CMS/STU'S"

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