

\* A New England Running Tradition Continues! \*

*The 54th running of the...*  
**FRED S. WARREN**  
**5.5 MILE ROAD RACE**

- Date:** Sunday, July 30, 2017  
**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 7/24!**  
**Make checks payable to:** Central Mass Striders  
For further info, contact Steve Laska at 508-450-1374 or

**REGISTER ONLINE AT:**

<http://www.signmeup.com/K02V9H7>

**SPONSORED BY:**



**ENTRY FORM**

**FRED S. WARREN ROAD RACE \*\* July 30, 2017**

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 ) \_\_\_\_\_