

**Stu’s 30K Road and Relay**

**Sunday March 4, 2018**

**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 a 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 for the 30k

 **Course:** Very hilly loop on paved roads around Wachusett Reservoir

 **Tech-swag:** Run Buff for all registered Participants by February 6, 2018

**Awards:** Awards to top finishers and top relay teams in each category 2 person, 3 person and 4 person relay. Awards will be given in the following age categories 18-29, 30-39, Masters, Seniors, Veterans, and 70+ categories. For relay top finishers in the 2-4 person relay.

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

**Timing and Scoring:** RaceWire

**Entry Fee:** 30K Race $50 before race day and $65 day of registration**.**

**Relay teams:** $25 per person 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. All paper entries must be received by February 16, 2017.



**Information: Contact Kim Wamback at 774-239-1751 or** **Stus30k@gmail.com**

**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.

**Stu’s 30k Road and Relay Race**

Please enter me in the 2017 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\_\_\_\_\_\_\_\_\_\_\_**

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**

**Running Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Team Name (Relay Teams Only) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**E-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**