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**Stu’s 30K Road and Relay Race**

**Sunday March 3, 2024 11:00 a.m.**

**Clinton Middle School**

**100 W. Boylston St.  (Rte 110) Clinton, MA**

**Time: Registration 9:30–10:45am Race 11:00 a.m.**

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

**Course:** Hilly loop on paved roads around Wachusett Reservoir

**Amenities:**Free Parking, Water Stops and Gatorade approximately every 3 miles. Porta-Potties on course.  Well-marked and monitored course.  Post race refreshments and raffle. Please carry your own gels on course.

**Timing and Scoring:**RaceWire

**Entry Fee:  Needs to be postmarked by end date to get the price in that tier**
$60 from 11/24/23 - 1/1/24 (postmark by 1/2)
$80 from 1/2/24-3/1/24 (received by March 1)
$100 day of registration in the form of cash, check, or QR code.

**On-line Registration: https://my.racewire.com/event/7948**

**Mail pre-entries to:**Stu’s 30K/CMS, P. O. Box 922, Worcester, MA  01613-0922

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

**Cancellation Policy:**  Due to the nature of event management, there are **no refunds, no exceptions**. We reserve the right to cancel or shorten the race due to inclement weather or unsafe conditions. Every attempt will be made to hold the race but CMS in collaboration with the Town of Clinton and the Clinton Police Department will make the final decision about whether the racecourse 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 2024 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\_\_\_\_\_\_\_\_\_\_\_**

**30k participants must be 18 years of age by 3/1/2024**

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**

**Running Club \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Team Name (Relay Teams Only) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_             E-Mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_         Emergency Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Type of sub sandwich desired (circle one): Italian Vegetarian No sandwich**

**Expected finish time (circle one): Four hours or less More than four hours Not sure**

**Event:  30k    ($100 Race day registration)**

**TOTAL** **$\_\_\_\_\_\_\_\_\_**

**Relay              $50 per team member**

**Total $**

**MAKE CHECKS PAYABLE TO “CMS/STU’S**

**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.**

**OFFICIAL USE ONLY BIB#**