



UPTON 10.5K AND HALF MARATHON TRAIL RACE

WWW.TRI-VALLEYFRONTRUNNERS.COM



Date: **Sunday**
November 12, 2023

REGISTRATION CATEGORIES ARE FOR EITHER THE
21K (HALF MARATHON / 2 LAPS) OR 10.5K TRAIL RUN THROUGH SINGLE
TRACK AND FOREST ROADS IN UPTON STATE FOREST IN UPTON, MA

Distance:
**10.5km (6.63 mi) &
21km (13.26mi)**

Start Time:
9:00am 10.5K
9:15am 1/2 Marathon

(*note: the 2nd lap for Half Marathon must start by 10:45, or 90
minutes after the start of the race)

Place: Upton State
Forest in Upton, MA

Post race 'ambiance' includes fire pits and post-race snacks!

AID STATIONS: 2 on course at the Dean Pond turn and at the Park Rd/Loop Rd intersection (approximately every 3 miles). Each lap (2x for 1/2 marathon) is approximately 6.5 miles and about 720 ft elevation gain.

www.tri-valleyfrontrunners.com

Awards: Prizes from Wicked Good Cookies - No Duplicates

- *Top Male & Female overall will be awarded trophies
- *Age Group Awards for top 3 in both male and female:
19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, & 70+

- *TVFR Arm Sleeves – to all pre-registrations prior to 9/13/23.
- *Ample parking.
- *Refreshments for runners and helpers.
- *Results to be posted at <https://resultscui.active.com/>

SCHEDULE: Registration begins at 7:30am –Start at 9:00AM – Awards by 11:45 AM

ENTRY INFO: Pre-entry: \$ 25.00 - Over 70 NO FEE (Postmarked before 10/31/23)
Post-entry: \$ 30.00 - Over 70 NO FEE
MAKE CHECKS PAYABLE TO: "TVFR" (NO REFUNDS)

MAIL TO: TVFR, PO Box 125, MILFORD, MA 01757
(POSTMARK PRIOR 10/31/23)
CONTACT INFO: Jean: jeangilliswellness@gmail.com



On-Line REGISTRATION: <https://www.active.com/upton-ma/running/distance-running-races/upton-10-5k-and-half-marathon-trail-race-2023>
On-Line Registration available until 6pm 11/11/23.

DIRECTIONS TO UPTON STATE FOREST, UPTON. MA Park Entrance at Westboro St and Southboro Rd, (near 205 Westboro Rd, Upton, MA)

UPTON 10.5K AND HALF MARATHON

Please read and complete and sign this application.
I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, the Town of Upton, MA and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that there are no refunds regardless of the circumstances including a cancellation due to poor weather directed by town officials. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this even for any legitimate purpose.

SIGNATURE : _____ (PARENTS IF UNDER 18) :										This Space For Race Officials Use			
PRINT NAME		FIRST				LAST				AGE			
HOME ADDRESS		NUMBER AND STREET				TOWN				(ON RACE DAY)			
STATE →		ZIP →				YOUR EMAIL ADDRESS							
GENDER		MALE <input type="checkbox"/>		FEMALE <input type="checkbox"/>									
RUNNING CLUB NAME →						EMERGENCY PHONE #:							
						CIRCLE ONE: 1/2 MARATHON		10.5K					