Presented by	30th Annual 5K SUMMIT RUN Sunday September 22, 2013 9:30 a.m. Hadley, MA	To benefit

800-foot Climb to the Top of Mt. Holyoke

USATF sanctioned race

Prizes for all age group winners (male and female)
and for the fastest male and female "local" runners

Age Group Divisions:

Under 15	40-49
15-19	50-59
20-29	60-69
30-39	70 Plus

Local Runners:

To win as a local runner you must be from one of the following towns: Amherst, Belchertown, Granby, Hadley or South Hadley.

Course Description

The 5 K Summit Run starts on Route 47 just south of Mitch's Marina. The first 1.25 miles are fairly flat, and then the course heads up the paved road to the summit of Mt. Holyoke via a series of switchbacks. The total climb is 800'.

Entry Fees

$15 until September 10 - $20 September 11 through race day
(race-day registration IS available)

To Register

Complete registration form on the back of this flyer or go to www.sugarloafmac.org
(online registration ends on September 18)

******* Short-sleeve t-shirts guaranteed to all entries received by September 8*****

About Friends of the Mount Holyoke Range

The *Friends of the Mount Holyoke Range* is a non-profit organization of local volunteers dedicated to protecting, preserving and promoting the Mt. Holyoke Range and to assisting the development and operation of the Mt. Holyoke Range State Park, Skinner State Park and their cultural, educational, recreational, natural and historic aspects.

Thanks to our sponsors

Webber & Grinnell Insurance

Fee Only Financial Planning™

Hart Patterson Financial Services LLP

Directions to Race Start

Coming from the *South* – Follow Route 91 North, to Exit 19. Turn right onto Route 9 East. Turn right onto Bay Road to Route 47 South. Follow directions from Route 47 South (below).

Coming from the *North* – Follow Route 91 South to Exit 20 onto Route 5 South. At the first lights, turn left onto Damon Road. Turn left onto Route 9 East. Proceed over the Connecticut River, and turn right onto Bay Road to Route 47 South. Follow directions from Route 47 South (below).

From Route 47 South - Look for Mitch's Marina on the right. The start is about a half-mile past Mitch's, in front of the historic barn. Parking will be in a field on the left just past Mitch's Marina. Look for signs that say "Race parking."

For More Information

Contact David Martula at davidmartula@gmail.com or 413-586-8002
OR check out the SMAC web site at www.sugarloafmac.org

ENTRY FORM – 30th Annual 5K Summit Run

Complete all sections and mail to**: Sugarloaf Mountain Athletic Club, PO Box 379, Hadley, MA 01035**

Make checks ($15 through September 10, $20 starting September 11) payable to SMAC

LAST NAME_____ **FIRST NAME**_____

GENDER_____ **AGE on race day**_____ **T-SHIRT SIZE**_____ **(**Short-sleeve t-shirts are guaranteed only to entries received by September 8)

ADDRESS_____ **EMAIL ADDRESS**_____

CITY_____**STATE**_____**ZIP**_____

In signing this entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights to claim for damages and liabilities in case of death or injury received during participation in the race that I may have against anyone sponsoring, sanctioning, or managing this race. If the runner is under 18, this form must be signed by a parent or legal guardian.

SIGNATURE_____

DATE _____