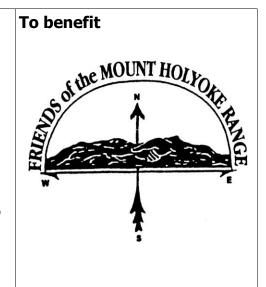
Presented by

Ago Group Divisions

34th Annual 5K SUMMIT RUN

Sunday September 23, 2018 9:30 a.m. Hadley, MA



Local Dunnarci

800-foot Climb to the Top of Mt. Holyoke

RRCA sanctioned race DCRSKINNERSTATEPARK

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

Aye Group Divisions.		<u>Local Ruilleis</u> .		
Under 15	40-49	To win as a local runner you must be		
15-19	50-59	from one of the following towns: Amherst,		
20-29	60-69	Belchertown, Granby, Hadley or South Hadley.		
30-39	70 Plus			

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 16 - \$20 September 17 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 19th)

***** Short-sleeve t-shirts guaranteed to all entries received by September 1 *****

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



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 - 34th Annual 5K Summit Run

Complete all sections and mail to: Sugarloaf Mountain Athletic Club, 277 Bay Road, Hadley, MA 01035

Make checks (\$15 through September 16, \$20 starting September 17) payable to SMAC

LAST NAME	FIRST NAME				
GENDER: Female	<u>Male</u>	Prefer not to say	AGE on race day	'	
T-SHIRT SIZE	(Short-sleeve t-shirts are guaranteed only to entries received by September 1)				
ADDRESS	EMAIL ADDRESS				
CITY		STATE	ZIP		
damages and liabilities in o	ase of death or inj	executors and administrators, jury received during participations, including USATF. If the run	on in the race that I ma	ny have against anyone	
SIGNATURE					
DATE					