



Manchaug Pond's 5K Run & 3K Health Walk

Saturday, October 15, 2016

Run • Walk • Cheer 'em on!

9:30 am start for runners and walkers. Rain or shine.

Proceeds benefit the Manchaug Pond Foundation, Inc., a 501c3 non-profit public charity.

THE DAM RACE is a 5K (3.1 mile) course for runners that takes participants for a scenic trek along Manchaug Pond. Walkers will enjoy a healthy 3K (1.9 mile) route. The start and finish line at 19 Holt Road in Sutton offers parking for contestants and spectators. There will be a turn-around location mid-race, where volunteers will control traffic and ensure safety. Prizes and refreshments post-race!



Waiver (must be signed)

Please, no headphones!

I hereby release the Manchaug Pond Foundation, race volunteers and other person(s) or organizations or sponsors connected with this race from any claim of damage or injury from my participation in or traveling to or from The Dam Race on Saturday, October 15, 2016. Permission is granted to use my likeness and/or name in the news and internet media. I agree to the above waivers and disclaimers.

Signature _____

Name _____

Address _____

Phone _____

Email _____

Emergency contact name and phone _____

CATEGORY: ☐ Walker ☐ Runner | ☐ Male ☐ Female T-SHIRT SIZE (circle one) S M L XL 2XL 3XL

COST: \$15 donation includes a THE DAM RACE t-shirt with early registration by October 1, 2016.

SPONSORSHIP: _____ \$100 _____ \$250 _____ \$500

Name to appear on t-shirt: _____

For more information, to register and to sponsor online:

Visit www.manchaugpond.org or Email events@manchaugpond.org

Return form to MPF, P.O. Box 154, Manchaug, MA 01526

Checks payable to: **Manchaug Pond Foundation**

