

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

Saturday, October 15, 2016

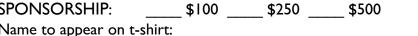
Run · Walk · Cheer 'em on!

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!

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Waiver (must be signed)					Please, no headphones!			
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COST: \$15 dona	ation include	s a THE DA	AM RACE t-shir	rt with early re	egistration b	y October 1, 20	16.	
		SPONS	ORSHIP: _	\$100	\$250	\$500		
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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



