

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

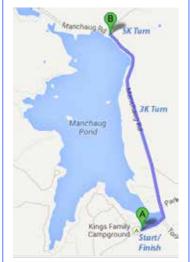
Saturday, October 20, 2018 Run • Walk • Cheer 'em on!

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) I hereby release the Manc sponsors connected with thor from The Dam Race on S | haug Pond Foundation, race volunteers and others race from any claim of damage or injury from Saturday, October 20, 2018. Permission is granted a. I agree to the above waivers and disclaimers. | my participation in or traveling to |
| Signature | | |
| Name | | · |
| Address | - | |
| Phone | Email | |
| Emergency contact name ar | nd phone | |
| CATEGORY: □Walker [| □Runner □Male □Female T-SHIRT SIZE (| circle one) S M L XL 2XL 3XL |
| COST: \$15 donation include | les a THE DAM RACE t-shirt with early registrati | on by October 1, 2018. |
| Manchaug A. SK Turm | SPONSORSHIP: \$100\$25 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



