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30th Annual
DALTON CRA
MAY DAY RACE
10K road race
5K road/trail race
"Obstacles & Popsicles"
Kids' races

413-684-0260
413-684-4033 fax
crahealth@verizon.net

31st Annual

DALTON CRA MAY DAY RACE 10K-5K-KIDS' RACES

Fun for the whole family
with a 10K race, a 5K road/
trail race, and "Obstacles &
Popsicles" Kids' Races.
Awards and Refreshments
after the races.



May 4th, 2008

Nessacus Middle
School, 35 Fox Dr.,
Dalton, MA

Proceeds benefit The Dalton
Community Recreation
Association Youth and Adult
Leagues and Programs

10K Race

Start time: 9:30 a.m.

Awards: Top 3 male and female cash prizes: 1st—\$50, 2nd—\$30, 3rd—\$20. Age Group Awards: 18& under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over, Clydesdale (>190 lbs.), Filly (>150 lbs.) Crane Award for 1st Dalton male & female finisher. Dr. Carey award for the 1st male & female finisher over 50. Prizes will not be duplicated

Course: begins at the school, exit school parking lot and go straight onto Housatonic St. Take a right onto Depot St. Left onto Route 8. Right onto Daly Ave. Straight on Pleasant St. Turn left onto Raymond Dr. and loop back to Pleasant St. Left on Franklin. Left onto Route 9 (North St.). Right onto Cleveland Rd. and head back to Route 9. Left onto Orchard Rd. Straight onto Route 8. Bear right at the Country Corner store. Left onto Housatonic St. and straight back to the school parking lot to the finish.

5K Road/Trail Race

Start time: 9:30 a.m.

Awards: Top 3 overall male and female, 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and over. Prizes will not be duplicated.

Course: begins at the school, exit school parking lot and go straight onto Housatonic St. Take a right onto Depot St. Turn right onto Route 8 and go straight through intersection onto Old Windsor Rd. Take a right into Wahconah High School parking lot and follow course markings through the trails leading you to the finish at Nessacus Middle School.

“Obstacles & Popsicles”

Start time: 10:30 a.m.

Warm-up on the field at 10:15 a.m.

Age Groups: ages 8 and under 1/2-mile, ages 9-12

1-mile.

Awards: Every participant receives a ribbon and a freeze pop at the finish line. Awards for top boys and girls in each age group.

Course: 1/2 mile and 1 mile obstacle course behind Nessacus Middle School.

Registration

Pre-Registration Encouraged

Use entry form provided. Additional forms available at the CRA and local area businesses, at www.berkshirelightning.com or via email: contact Tammy: crahealth@verizon.net

All forms must be received by the CRA by Thursday, May 1st (do not mail after April 28th).

Day of Race Registration and Race Packet pick-up: 8:00-9:00 a.m. at Nessacus Middle School (35 Fox Dr. Located off of Route 8 in Dalton). All participants must pick up packets at least 15 minutes prior to race.

“Obstacles & Popsicles” Kids’ Race T-shirts!

Shirts available pre-sale by ordering on the Registration form (enclose fee of \$5 per shirt) or can be purchased on race day for \$5.00 while quantities last.



Free May Day Race Adult T-shirts guaranteed to the first 100 registered 5K and 10K runners (combined). (sizes not guaranteed)

Additional shirts will be available on race day for purchase and at the Dalton CRA after race day while quantities last. All proceeds benefit CRA youth and adult programs and leagues.

Entry Fees:

5K and 10K Races: \$15 pre-registration (entry must be received by May 1st), \$20 Day of race

“Obstacles & Popsicles” Kids’ Races: \$5.00 per child. \$10 with T-shirt.

All race fees are non-refundable.

Volunteers needed. Please contact the Dalton CRA at 413-684-0260 or email Tammy: crahealth@verizon.net

2008 Entry Form

Form MUST be filled out legibly and completely to be accepted. Only one name per form.

Please check one race

- 10K Race
- 5K Race
- “Obstacles & Popsicles” Race

Age

Male
 Female

“Obstacles & Popsicles” shirts \$5.00 each, To order please list quantity next to size and submit payment with entry fee. Size not guaranteed

O & P T-shirt size—Youth size only: S M L XL

May Day T-shirt size—Adult Pre-reg.: S M L XL

Last Name:

First Name:

Address:

City:

State:

Zip Code:

In consideration of submitting this entry I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Race Directors, the Town of Dalton, Central Berkshire Regional School District, all sponsors and volunteers helping at this race. I understand the risks of running in a road race and I further attest that I am physically fit and have sufficiently trained for this event. I also understand that the race may be cancelled if unsafe conditions exist at race time and that no refunds will be made. I have read the above waiver and certify my agreement by my signature below.

Signature (parent must sign if under 18)

Make checks payable to: Dalton CRA
Mail entries and payment to: Dalton Community Recreation Association, Inc.
400 Main Street, Dalton, MA 01226
Dalton, MA 01226