

A Berkshire Tradition of
Healthy Family Fun for 21 Years

The BMC Independence Day Run is held annually immediately prior to one of the country's largest Fourth of July parades. Approximately 100,000 people line the Pittsfield parade route, where most of the race is run. A 5 Km (3.1 miles) race, the course is sanctioned by USA Track & Field. All runners should arrive at Wahconah Park between 8:00 - 8:30 a.m. to receive instructions and their timing chips before 9:00 a.m. The starting line is one-half mile north of the Park.

T-Shirts

Only the first 1,000 runners will be registered. The first 600 entrants will receive t-shirts.

Trophies

Trophies will be awarded to the top 5 finishers overall and first 5 finishers in each age division. No duplicate awards will be given. Trophies will not be issued after the awards ceremony.



Water donated by
RAINBOW DISTRIBUTORS
of Lanesboro, MA

Course Records

Dave Penna-Ward (15:11) - 1997
Melissa Mendel (18:02) - 1998

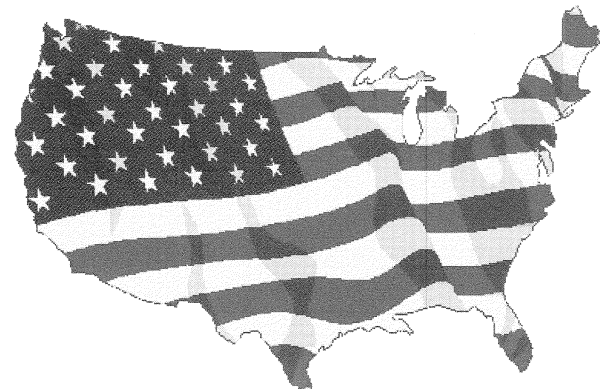
2005 Top Results

David Raucci 15:36
Leeann Rheame 19:04

Age 00 - 10	
Jeanna Brown	28:40
Christopher Coughlin	23:04
Age 11 - 15	
Janet Barry	21:40
Andrew Sullivan	19:19
Age 16 - 19	
Amy Burke	21:16
Zach Gordon	16:50
Age 20 - 29	
Justyna Makosa	21:11
Justin Sukiennik	16:32
Age 30 - 39	
Terri Carlson	21:25
Mike Innes	17:45
Age 40 - 49	
Lisa Mattila	21:41
Kevin McGovern	17:18
Age 50 - 59	
Mary Ann Sirian	23:00
Tim Haley	17:20
Age 60 - 69	
Catherine Roberts	26:23
Skip Greb	21:04
Age 70 to 79	
Doris Aronson	31:23
Richard Shook	23:15
Age 80 and above	
Bud Aronson	29:20

Mail Entry Forms to Mike Hogue
c/o Anesthesia Department
Berkshire Medical Center

725 North Street, Pittsfield, MA 01201
Berkshire Medical Center
21th Annual



Independence Day Run
2006

5 Km (3.1 miles)

On the Parade Route before
Pittsfield's 4th of July Parade

Tuesday, July 4, 2006

Be at Wahconah Park
by 8:30 a.m.

for a 9:30 a.m. race start

Sanctioned by
USA Track & Field

Registration Information:

Last Name _____

First _____

Phone _____

Age (Race Day) _____ Sex: M F

Chip Serial Number _____

(If you are using your own)

To receive race results by mail:

Address _____

City _____ State _____ Zip _____

Age Category Entering (Circle one)

10 & Under	40 - 49
11 - 15	50 - 59
16 - 19	60 - 69
20 - 29	70 - 79
30 - 39	80 and above

Registration Fee: \$11

Tax Deductible Gift to BMC: \$ _____

Total Enclosed: \$ _____

Make Check Payable to BMC

Parent Must Sign if Entrant is Under 18.

I release all of the sponsors and organizers of this race from all liability should I suffer any harm from participation in this race. I am physically fit and have prepared for this race and understand the risks involved. I also understand that the race may be cancelled if unsafe conditions exist at race time and that no refunds will be made.

Signature _____ Date _____

Schedule

June 23

Mail-in Registration Deadline

July 3

5 - 8 p.m. - Race Packet Pick Up
Reid Middle School (main entrance)
950 North Street, Pittsfield, MA

July 4

8-8:30 a.m. - Race Packet Pick Up
Wahconah Park

8-9 a.m. - Timing Chip Pick Up
Wahconah Park

Timing Chips

Timing chips will be used to record each runner's finish time. ALL RUNNERS MUST HAVE A CHIP FASTENED TO HIS/HER SHOELACE or they WILL NOT receive a timed result. NO EXCEPTIONS. If you want to use your own chip, enter the serial number of your personal chip in the space provided on the entry form.

BMC chips may be picked up between 8 and 9 a.m. on the morning of the race. NO CHIPS WILL BE GIVEN OUT AFTER 9 A.M. Race Start is at 9:30, 1/2 mile from Wahconah Park. You must turn in your chip at the finish area. If you fail to turn it in you will be charged a \$35 replacement fee.

Before June 23

Entries may be dropped off at the Information Desk at Berkshire Medical Center or mailed to:

Mike Hogue
c/o Anesthesia Department
Berkshire Medical Center
725 North Street, Pittsfield, MA 01201

Mail entries must be postmarked by Friday, June 23, 2006 to be accepted.

After June 23

Entries may be dropped off at the BMC Information Desk (main hospital entrance) from 9 a.m. - 4 p.m. until Sunday, July 2, 2006.

No Race Day Registration

Race Packet Pick-Up

Race packets may be picked up on Monday, July 3, from 5 - 8 p.m. at Reid Middle School (main entrance), 950 North Street, Pittsfield, MA or Tuesday, July 4, from 8 - 8:30 a.m. at Wahconah Park.

Race Results

Results will be posted at the awards area as soon as they are available and on the following web site: www.plattsys.com by 9 p.m. on July 5, 2006. In addition, each runner will receive complete results by mail.