

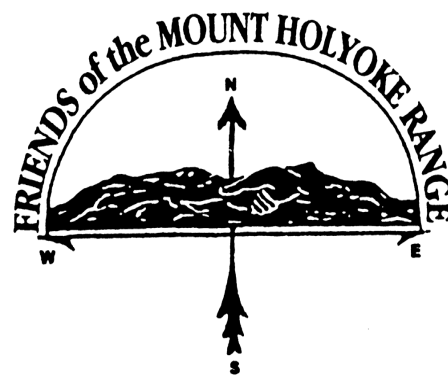
Presented by



**28th Annual
5K
SUMMIT RUN**

**Sunday
September 12, 2010
9:30 a.m.
Hadley, MA**

To benefit



800-foot Climb to the Top of Mt. Holyoke

USATF sanctioned race

PRIZES

Merchandise PRIZES for all Age Group winners - Special Prizes for Local Runners

Age Group Divisions & Prize Categories

Age Group Divisions:

Under 15	40-49
15-19	50-59
20-29	60-69
30-39	70 Plus

Local Runners Division:

Prize for the fastest local runners
(male and female) from one of the following
towns: Amherst, Belchertown, Granby,
Hadley or South Hadley.

Course Description

The 5 K Summit Run starts on Route 47 just south of Mitch's Marina. The first 1.25 miles are fairly flat, and then the course heads up the paved road to the summit of Mt. Holyoke via a series of switchbacks. The total climb is 800'.

Entry Fees

**\$18 until August 31 - \$20 September 1 through race day
(race-day registration IS available)**

To Register

**Complete registration form on the back of this flyer or go to
www.sugarloafmac.org
(online registration ends on September 10)**

About Friends of the Mount Holyoke Range

The *Friends of the Mount Holyoke Range* is a non-profit organization of local volunteers dedicated to protecting, preserving and promoting the Mt. Holyoke Range and to assisting the development and operation of the Mt. Holyoke Range State Park, Skinner State Park and their cultural, educational, recreational, natural and historic aspects. The *Friends* also sponsors the 7 Sisters Trail Race, the Summit House Sunset Concert Series, and numerous hikes, interpretive walks, etc. For information, please write: Friends of the Mount Holyoke Range, P.O. Box 728, South Hadley, MA 01075, or visit the Notch Visitor Center on Route 116 in Amherst.

Directions to Race Start

Coming from the *South* – Follow Route 91 North, to Exit 19. Turn right onto Route 9 East. Turn right onto Bay Road to Route 47 South. Follow directions from Route 47 South (below).

Coming from the *North* – Follow Route 91 South to Exit 20 onto Route 5 South. At the first lights, turn left onto Damon Road. Turn left onto Route 9 East. Proceed over the Connecticut River, and turn right onto Bay Road to Route 47 South. Follow directions from Route 47 South (below).

From Route 47 South - Look for Mitch's Marina on the right. The start is about a half-mile past Mitch's, in front of the historic barn. Parking will be in a field on the left just past Mitch's Marina. Look for signs that say "Race parking."

For More Information

Contact Donna Utakis at DonnaUtakis@yahoo.com
or David Martula at David@Martula.com or 413-586-8002
OR check out the SMAC web site at www.sugarloafmac.org

ENTRY FORM – 28th Annual 5K Summit Run

Complete all sections and mail to: **Sugarloaf Mountain Athletic Club, PO Box 379, Hadley, MA 01035**

Make checks (\$18 through August 31, \$20 starting September 1) payable to SMAC

LAST NAME _____ **FIRST NAME** _____

GENDER _____ **AGE on race day** _____ **T-SHIRT SIZE** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

In signing this entry, I, for myself, my heirs, executors and administrators, waive and release any and all rights to claim for damages and liabilities in case of death or injury received during participation in the race that I may have against anyone sponsoring, sanctioning, or managing this race. If the runner is under 18, this form must be signed by a parent or legal guardian.

SIGNATURE _____

DATE _____