

www.harriers.org

The Greater Springfield Harriers

2009 4th of July Road Race

Sponsored by:



FAST FEET
The Running Specialists



FAST 5K RACE • 32nd ANNUAL



WHERE/WHEN:

Basketball Hall of Fame (1000 West Columbus Ave)
Springfield, MA • Saturday, July 4th at 9am

PRIZES:

Awarded to the Top Ten Male,
Top Ten Females and the following:

MALE		FEMALE
1	14 & under	1
2	15-18	2
3	19-29	3
3	30-39	3
3	40-49	3
3	50-59	3
2	60-69	2
1	70 +	1

Course Record Holders:

MALE
Joe Czupryna
15:29 2007

FEMALE
Laura Hutchinson
18.36 2008

TEAM COMPETITION*

**\$100.00 WILL BE AWARDED TO
THE TOP USATF MALE, FEMALE
AND MASTERS TEAM**

*Team scoring is by combined time
of top 5 runners.
For more information - 734-0955

NUMBER & TEE SHIRT PICKUP:

Tuesday, 30 June thru
Friday, 3 July
(pre-registration) at FAST FEET,
231 Elm St., W. Springfield,
413-734-0955
or at Hall of Fame before
8:30am day of race

*Entrants will receive a commemorative
race Tee Shirt* and a \$5.00 Gift
Certificate for FAST FEET.*

*(Tee Shirts limited to the first 250
runners - sign up early!)

Food and Refreshments will be available after the race.

Race results will be posted on www.harriers.org

PLEASE PRINT

Name _____ Age (on race day) _____ Sex _____

Address _____

City _____ State _____ Zip _____

USATF# _____ Phone # _____ D.O.B. _____

Running Club _____ E-mail _____

Circle Tee Shirt Size - S M L XL

In consideration of being accepted as an entrant in this race, I hereby, for myself, heirs, executors, and administrators, waive and release the Greater Springfield Harriers, the race committee, all sponsors and their representatives and employees for any and all injuries or damages that may occur to me while competing in or traveling to or from the event described in this entry application. I certify that I have properly trained for, and to the best of my knowledge, am physically fit for this event. I also realize that refusal to sign this waiver indicates that I will not be participating in the event and should not be considered an official entrant.

Signature _____ Parent or Guardian (if under 18) _____

ENTRY FEES: Postmarked By Thursday, 25th June - \$15. • 26th June - 4th July - \$18.

MAKE CHECKS PAYABLE TO: "Greater Springfield Harriers", Attn: Fourth of July Road Race, 235 Elm Street, West Springfield, MA 01089