

Savoy Mountain Trail Races

22 miles, 11 miles, or 4 miles

Sunday 9 A.M.

August 16, 2009

Savoy Mt. State Forest

SAVOY, MASSACHUSETTS

Start/Finish: North Pond at Savoy Mt. State Forest.

22 Mile Course: Start at North Pond as usual. Twice around an eleven mile loop that includes a sublime view from Spruce Hill. Uses hiking and ATV trails. Hilly with an abundance of rocks and exposed roots. Can get very muddy with rainy weather. Race begins at 9:00 A.M.

11 Mile Course: Once around the above described loop. Start time: 9:00 A.M.

4 Mile Course: 4 mile course is the South Pond Shuffle loop circuit, primarily on hiking trails in the park. Plenty of rocks, roots, mud, and other trail hazards. Race begins at 9:15 A.M.

Ÿ **Pre-Entry Fee is \$15 for the 22 miler, \$12 for the 11 miler, and \$10 for the 4 miler, before 8/8/09. Sorry, no shirts.**

Ÿ **Family discount: no charge in excess of that for 3 people if pre-registered.**

Ÿ **Entry fee on race day is \$20 for the 22 miler, \$18 for the 11 miler, and \$15 for the 4 miler.**

Ÿ **Sorry, no refunds.**

Ÿ **Results posted on <http://runwmac.com>**

Ÿ **Refreshments: Barbecue for runners and guests.**

More info: Marty Glendon (413) 684-3797 or glendon_farm@hotmail.com

**Please send entry form with check for fee made out to
WMAC, P.O. Box 356, Adams, MA 01220**

Please circle which Savoy Mt. Trail Race you are entering:

22 Miles 11 Miles 4 Miles

(Please print)

Name _____

Street _____ Entry fee \$ _____

City/Town _____ State _____ Total \$ _____

Zip _____ Phone _____ WMAC member Yes No

Age _____ Sex M / F Email _____

Please enter me in the indicated Savoy Mt.Trail Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Savoy Mt.Trail Race from all claims, damages, rights of action, present or future whether the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature _____

Parent/Guardian (if under 18) _____