



# 34th Annual Pedal and Plod

Sunday July 30, 2017

8:30 AM

Town Common, Adams, MA



- ❖ **AWARDS AND AFTER PARTY AT THE ADAMS ALE HOUSE 8-10 EAST HOOSAC ST ADAMS!**
  - AFTER PARTY INCLUDES BUFFET AND 1 FREE BEER/SODA FOR ALL PARTICIPANTS!
- ❖ **GUARANTEED T-SHIRT SIZE TO ALL PRE-REGISTERED PARTICIPANTS BY JULY 1!**
  - MALE AND FEMALE SIZES AVAILABLE!
- ❖ **NEW TEAM AND IRONPERSON CATEGORIES!**
- ❖ **BIB PICK-UP AND SAME DAY REGISTRATION AT THE ADAMS ALE HOUSE Starting at 7AM!**
- ❖ **PRIZES Overall Team /Male/Female Finishers AND Top 3 finishers in each category**
- ❖ **Online registration at [www.berkshirerunningcenter.com](http://www.berkshirerunningcenter.com) or our Facebook page**

Runner \_\_\_\_\_

Age \_\_\_\_\_ Sex M F T-Shirt Size WS WM WL MS MM ML MXL  
(circle one) (circle one)

Address \_\_\_\_\_ Town/State \_\_\_\_\_

Email \_\_\_\_\_

Cyclist \_\_\_\_\_

Age \_\_\_\_\_ Sex M F T-Shirt Size WS WM WL MS MM ML MXL  
(circle one) (circle one)

Address \_\_\_\_\_ Town/State \_\_\_\_\_

Email \_\_\_\_\_

**PRE-RACE REGISTRATION**  
 \$40.00 2-person teams  
 \$30.00 Iron Person  
**Deadline for pre-race registration  
 July 1, 2016**

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**RACE DAY REGISTRATION**  
 ❖ \$45.00 2-person teams  
 ❖ \$35.00 Iron Person  
 Please make checks payable to:  
**Pedal and Plod**  
 Mail to:  
**31 Highland Ave.**  
**Adams, MA 01220**  
 For questions call:  
**413-822-1613 or 413-822-0775**

**NEW!!! CATEGORIES (Please check) \*Youngest team member determines category\***

	TEAMS			IRON	IRON
	FEMALE	MALE	MIXED	MAN	WOMAN
18 & UNDER	_____	_____	_____	_____	_____
19-30	_____	_____	_____	_____	_____
31-50	_____	_____	_____	_____	_____
51 -60	_____	_____	_____	_____	_____
61-70	_____	_____	_____	_____	_____
MASTERS 70+	_____	_____	_____	_____	_____

In consideration for allowing me and/or my team to compete in the PEDAL and PLOD, I/we hereby waive any liability that the sponsor may have to me arising from my participation in this race. Furthermore, I warrant that I will adhere to all rules and regulations of the PEDAL and PLOD responsibilities, and as an individual participant in the PEDAL and PLOD on July 30, 2017, I hereby hold harmless the WMAC and all other sponsoring parties, for any damage either physical, personal or property which may occur to me as a result of my participation in the PEDAL AND PLOD. I am aware that participation in this race may present a serious strain to my body or its parts and further warrant to the sponsors that to the best of my knowledge I am in the proper physical condition to allow me to participate in this biathlon.

Signature: \_\_\_\_\_  
 Runner (If under 18 Parent or Guardian must sign)                      Cyclist (If under 18 Parent or Guardian must sign)

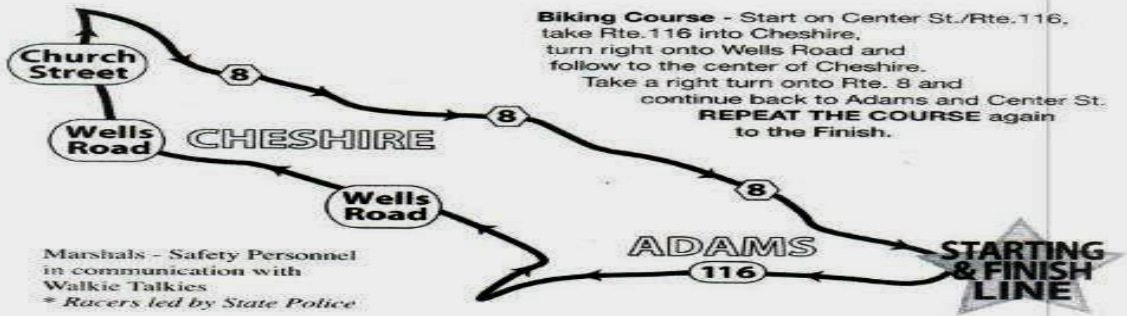
All participants must complete and sign the above form agreeing to the disclosure.

Course Maps and directions from Adams Ale House to Start & Finish



# WESTERN MASSACHUSETTS ATHLETIC CLUB

## Biking Race - 22 miles

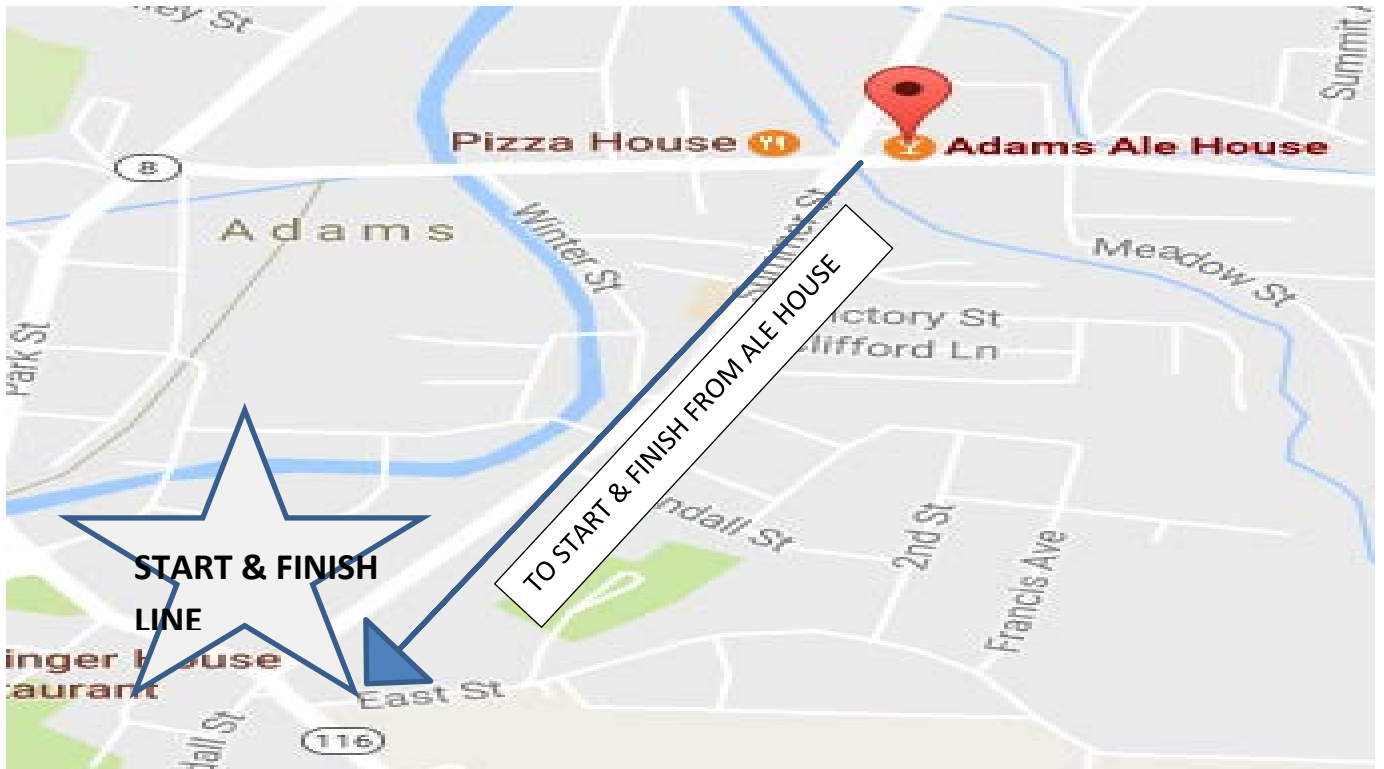
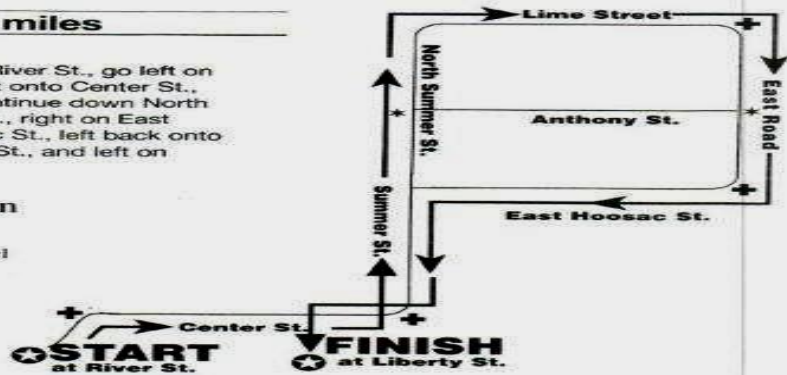


## Running Race - 4 miles

**Running Course** - Start on River St., go left on Commercial St. (Rt. 8N), right onto Center St., left onto Summer St. and continue down North Summer St., right on Lime St., right on East Road, right onto East Hoosac St., left back onto Summer St., right on Center St., and left on Liberty St. to Finish.

**Center St. Aid Station**  
Medical Area / Ambulance

- + Marshals - Safety Personnel
- \* Water Stations
- Racers led by Police Cruiser



ADAMS ALE HOUSE 8-10 EAST HOOSAC STREET ADAMS MA  
PARKING IN REAR