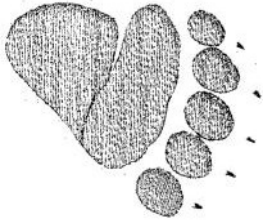


# 7th Annual Bear Hole 7-Mile



## Run for the Trails



**Saturday, November 4, 2023, 10:00AM**  
**Bear Hole Watershed, West Springfield, MA 01089**

**Please fill out Registration Form below:**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M  F

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone \_\_\_\_\_

**Please Read & Sign:**

I, the undersigned, accept full responsibility for myself and for any injuries that I may incur during the Bear Hole Trail Run. I hereby for myself, heirs, executors, and assigns, waive and release any and all rights and claims for any and all injuries suffered by me, however incurred or sustained, against the sponsors and organizers, landowners, the Town of West Springfield, or a volunteer or race helper. I attest that I am physically fit, I understand the difficulties and hazards of trail running, I have trained sufficiently for the completion of this event, and my actions, mishaps, and medical costs are accountable to no one but myself. I consent to the use of my name, picture and/or likeness in any broadcast, webcast, photographs, motion pictures, recordings, or other event accounts.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18)

**ENTRY FEES:**

*Fee is non-refundable and bib numbers are non-transferable. Race will be held regardless of weather.*

\$20 if received on or before 10/20       \$25 after 10/20 or day of race      \$ \_\_\_\_\_

Long-sleeved tech Shirt: \$20 (in addition to race fee - Shirt order by 10/15)      \$ \_\_\_\_\_

Size: S  M  L  XL  2XL

**Total Enclosed: \$ \_\_\_\_\_**

**ADDITIONAL INFO:**

- 🦋 Registration in advance or 9:00-9:45 on race day 11/4.
- 🦋 Prizes: \$50 prize M/F for course records set. (Current bests: M-Matt LePage, 49:36 and F-Carolyn Stocker 54:58, both 2021). Other prizes in categories M/F: Overall, Over 39 and Over 59 based upon entries.
- 🦋 Checks payable & mail entries to: **West Springfield Environmental Committee, Inc.**, PO Box 261, West Springfield, MA 01090.
- 🦋 All net proceeds go towards the development & maintenance of the Bear Hole Watershed trail system and the fifth grader field trips to Bear Hole Reservoir. (SEEC - the Student Environmental Education Classroom)
- 🦋 This 7-mile course follows a rambling mix of mostly single track and some dirt roads winding through the 1,400 acre Bear Hole Watershed with some technical and challenging terrain and elevations (570 net feet).
- 🦋 Directions: Head north on Rogers Avenue off Route 20 in West Springfield and proceed straight to the end of Bear Hole Road to the parking lot. See [www.wsenvironmentalcommittee.org](http://www.wsenvironmentalcommittee.org) and course map (and more) on Facebook at [www.facebook.com/BearHoleRunfortheTrails/](https://www.facebook.com/BearHoleRunfortheTrails/)
- 🦋 Questions? RD Al Cabot at 413-262-8124, or email at [abcabot@cs.com](mailto:abcabot@cs.com).

**WELCOME GRAND TREE COMPETITORS!!**

SEE [www.runwmac.com](http://www.runwmac.com) for more information about the Grand Tree races.