

Western Mass Athletic Club

Monroe Dunbar Brook Trail Races

10.5 Miles and 2 Miles

**10 a.m. Sunday October 11,
2009
MONROE,
MASSACHUSETTS**



Start/Finish: Dunbar Brook Picnic Area on River Rd., near the Monroe/Florida MA town line

The race runs on the trails and service roads of the Monroe State Forest --considered to have some of the most beautiful scenery in the East. Peak Fall colors, stands of old growth hemlocks, waterfalls, brook crossings, bear, moose, and eagles are just a few of the sights that this deep remote valley and its high peaks offer.

Courses: The **10.5 mile course** consists of a rolling one mile single track along the brook, followed by a steep climb of approx. ½ mile. It then climbs gradually on a mix of single track and fire roads to the summit of Spruce Peak (elev.2730 ft.), the high point at approx. race mile 5. The remainder of the course is mostly a gradual downhill, although a few steep sections will be encountered. There are as many as three brook crossings (possibly knee deep).

The **two mile course** is an out and back on the same one mile single track along the brook (mentioned above).

Notice to those who feel they must bring their pets to this race. Consider this: ALL PETS MUST BE KEPT AWAY FROM THE RACE AREA, WHICH INCLUDES THE RACE COURSE, THE START/FINISH AREA, AND THE REGISTRATION/PICNIC AREA. OBVIOUSLY, LEASHING THESE PETS IS MANDATORY.

The safety of the runners is paramount. Please comply with this WMAC regulation. Thank you.

Fees	10.5 Mile	2 Mile
Early (by 10/2/09)	\$12	\$8
Race day	\$17	\$10

Family discount: no charge in excess of that for three people if pre-registered.
Sorry, no refunds.

- **Awards:** 1st, 2nd, 3rd overall and 1st in each age group.
- **Aid:** Two water stops (3.6 and 7.0 miles).
- **Post Race:** Refreshments and barbecue for runners, their guests, and volunteers.
- **More info:** Vic LaPort (413) 664-6203 or vlaport@hotmail.com, or visit <http://runwmac.com>.

Monroe Trail Races Entry Form

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

Please circle which Monroe Trail Race you are entering: 2 mile or 10.5 mile

PLEASE PRINT CLEARLY

Name _____
Street _____
Town _____ State _____
Zip _____ Phone _____
email _____
Age _____ Sex: M / F

OFFICIAL USE ONLY BIB # _____



WMAC

Entry fee \$ _____
Total \$ _____
WMAC member Yes No



Please enter me in the indicated Monroe Dunbar Brook Trail Race. I agree to assume all responsibility for and all risk of damage or injury that may occur to me as a participant in this event. In consideration of being accepted as a participant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Monroe Dunbar Brook Trail Races from all claims, damages, rights of action, present or future whether from 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) _____

Directions to Monroe Trail Races

Monroe, MA is located in the northwest corner of the state. There will be signs at intersections from Rt 2 (MA) and from Rt 100 (VT) showing the way to the race.

From NORTH ADAMS, MA: take Rt 2 East to the top of the mountain. Just past the Whitcomb Summit (approx. 4mi. past Hairpin Turn, 3mi. past Western Summit), turn left onto Whitcomb Hill Rd. and bear right at the fork a couple hundred yards later, continue (STEEP DOWNHILL) to the tee at the bottom (2.5 miles). Turn left and follow the road along the river (across the train tracks and past the Bear Swamp Dam) for 5 miles. The Dunbar Brook Picnic Area is down on the right.

From GREENFIELD, MA: take Rt 2 West to Charlemont. A few miles west of town (past Rt 8a and past Zoar Outdoor Rafting) there will be an intersection for Rowe and Zoar (just before the large bridge over the river). Turn right here. Follow this road for 2.5 miles to a tee. Turn left at the tee and thru the small tunnel. Continue on this road (following the river) for 8 miles. The Dunbar Brook Picnic Area is down on the right.

From BENNINGTON, VT: take Rt 9 East to Rt 8 south to Rt 100 north to Readsboro. In the center of town at the wide intersection (before crossing the large bridge) turn right onto Tunnel St. (which becomes River Rd.). Follow the road along the river for 8 miles. After passing thru Monroe, the Dunbar Brook Picnic Area is down on the left.

From BRATTLEBORO, VT: take Rt 9 West to Rt 100 south to Readsboro. After the steep, narrow downhill and crossing the bridge into Readsboro, turn left at the wide intersection onto Tunnel St. (which becomes River Rd.). Follow this road along the river for 8 miles. After passing thru Monroe, the Dunbar Brook Picnic Area is on the left.

