

# Whitin Five-Mile Race & Two-Mile Health Walk



The 30<sup>th</sup> Annual on Thanksgiving Day



The proceeds of this event will benefit the Whitin Community Center and the Massachusetts Audubon Society in Worcester.

**Date: Thanksgiving Morning  
November 22, 2018**

Rain or Shine! Blizzard date, Nov. 25

**Time: Race begins at 8:10 AM  
Registration at 6:45 AM**

**Location: Whitin Community Center  
60 Main Street, Whitinsville, Ma. 01588  
508-234-8184**

**Purpose: To promote health and fitness for the whole family and to support programs that will protect the environment.**

**Course: Flat, rolling, and fast. Mile markers, water stop. USATF course certified, #MA07032JK.**

**Amenities: Computer chip timing by RaceWire. Showers, lockers, parking, coffee and refreshments. Raffles. Race sanctioned by RRCA. T-shirts must be picked up by 8 AM.**

ID #: 9566



## Cash Prizes

1 <sup>st</sup> Woman	\$75.00
2 <sup>nd</sup> Woman	\$60.00
3 <sup>rd</sup> Woman	\$50.00
1 <sup>st</sup> Man	\$75.00
2 <sup>nd</sup> Man	\$60.00
3 <sup>rd</sup> Man	\$50.00
1 <sup>st</sup> 40-49 Woman	\$50.00
1 <sup>st</sup> 40-49 Man	\$50.00
1 <sup>st</sup> 50-59 Woman	\$50.00
1 <sup>st</sup> 50-59 Man	\$50.00
1 <sup>st</sup> 60-69 Man	\$50.00
1 <sup>st</sup> 60-69 Woman	\$50.00
1 <sup>st</sup> 70+ Person	\$50.00

## Merchandise

Top 3 per division after cash.  
One award per person.  
Must be present to claim award.

## Divisions:

- Male and Female~
- A. Under 13
- B. 13 - 19
- C. 20 - 29
- D. 30 - 39
- E. 40 - 49
- F. 50 - 59
- G. 60 - 69
- H. 70 - 79
- I. 80 - 89
- J. 90+



## Bonus!

**\$75.00 for New Course Records!**

### Open:

1991 - Jane Welzel - 27:51  
1990 - Scott Mason - 24:41

### Master:

2001 - Mary Lammi - 29:43  
1990 - Larry Olsen - 25:41

### Fees:

\$22 early bird fee received by August 31  
Registration is not complete unless the correct fee is paid.

\$28 if received by November 21  
\$35 race day

Walkers may enter and receive t-shirt, but are not eligible for awards.

\*No walkers allowed on run course.

Make checks payable to:

Whitin Five

Mail to: Linda Usher

Race Director

131 South Street

Upton, MA 01568

Registration is non-refundable & non transferable

For race information:

e-mail:

juniperhill@charter.net

www.whitinfive.com

www.facebook.com/whitinfive

Mugs to first 50 finishers and first 10 women after the 50! ~ Long-sleeved 100% cotton t-shirts guaranteed to all who pre-register by November 3! Race number/t-shirt pick up is Wed., Nov. 21 at Whitin CC from 5-7 PM (sizes not guaranteed)

-----please cut-----

Please enter me in the 2018 Whitin Five Mile Road Race/Two-Mile Health Walk. I agree to assume all responsibility for all damage or injury to me as a participant in the event. In consideration for being accepted as an entrant in these events, I hereby for myself, my heirs, executors, and administrators, release and discharge the RRCA, and any and all individuals and organizations associated with the race, from all claims, damages, rights of action, present and future, whether the same by known, anticipated or unanticipated, resulting from or arising out of, or incident to my participation in this event. I hereby certify that I will not participate in the Whitin Five Mile Road Race/Two Mile Health Walk unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of name, and/or picture, in any broadcast, photograph, or other account of this race. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Race to be completed within 75 minutes. No refunds for bad weather. The race director or Northbridge Police Department reserve the right to cancel the

Please Print Clearly\*

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

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

Town, State, Zip \_\_\_\_\_

5-Mile Race \_\_\_\_\_ Walk \_\_\_\_\_ Club \_\_\_\_\_ Phone \_\_\_\_\_

Signature (Required to complete registration) \_\_\_\_\_

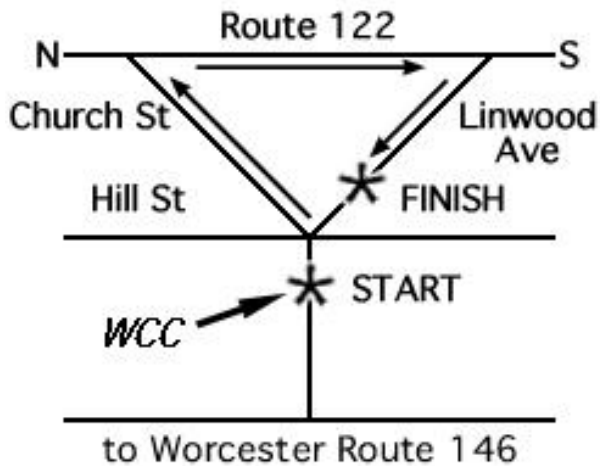
Parent Signature if under 18 \_\_\_\_\_

## Course Map ~ Race Location

FROM THE EAST OR WEST:  
MASS TURNPIKE (I-90) TO EXIT 10A  
(WORCESTER/RTE. 146). FOLLOW RTE. 146  
SOUTH 8 MILES TO "PURGATORY ROAD"  
EXIT.  
TAKE A LEFT AT THE END OF THE EXIT  
RAMP. FOLLOW THIS ROAD ABOUT 3 MILES  
INTO THE CENTER OF WHITINSVILLE. (NOTE:  
PURGATORY ROAD BECOMES NORTH MAIN  
STREET AND THEN MERGES WITH MAIN  
STREET OVER THIS 3 MILES STRETCH.)  
WHITIN COMMUNITY CENTER WILL BE ON  
YOUR LEFT. GO PAST BUILDING 200 YARDS  
FURTHER TO TRAFFIC LIGHT.  
TAKE A LEFT AT THE LIGHT ONTO HILL  
STREET. TRAVEL UP HILL STREET 100 FEET.  
ENTRANCE TO WHITIN COMMUNITY CENTER  
PARKING LOT IS ON THE LEFT.

FROM THE NORTH:  
I-495 SOUTH TO I-290. CONNECT TO RTE. 146  
IN CENTER OF WORCESTER AT BRONAHAN  
SQUARE.  
FOLLOW RTE. 146 SOUTH TO PURGATORY  
ROAD EXIT. (FOLLOW DIRECTIONS ABOVE.)

FROM THE SOUTH:  
NORTH ON RTE. 146 TO LACKEY DAM ROAD  
EXIT. TURN RIGHT AT END OF RAMP.  
FOLLOW ROAD 3 MILES TO CENTER OF  
WHITINSVILLE (TRAFFIC LIGHT) (NOTE:  
LACKEY DAM ROAD BECOMES DOUGLAS  
ROAD AS YOU HEAD TOWARDS  
WHITINSVILLE.). PROCEED STRAIGHT  
THROUGH TRAFFIC LIGHT UP HILL STREET  
100 FEET, TURN LEFT INTO WHITIN  
COMMUNITY CENTER PARKING LOT



Look for race results  
posted on

[coolrunning.com](http://coolrunning.com)  
[racewire.com](http://racewire.com)

## Or Gratitude to the Following Whitin Five Sponsors

R.W. KNUDSEN FAMILY  
DR. LOUIS AMANTEA  
THOMAS J. BAKER, ATTY.  
BERKOWITZ TRUCKING, INC.  
CONSUMER AUTO PARTS  
COPPERTREE FINANCIAL PLANNING & INVESTMENTS  
DUNKIN' DONUTS  
DR. TRISTA BROWN M.D.  
DR. RUSSELL FRADKIN O.D.  
GAUDETTE INSURANCE  
HANNAFORD SUPERMARKET  
HARBRO AUTO SALES/SERVICES  
J WHITE'S AUTOMOTIVE CENTER  
JUNIPER HILL NATURAL FOODS  
HINT ESSENCE WATER  
KARAGOSIAN PLUMBING  
KOOPMAN HOME CENTER  
LANE & HAMER, ATTORNEYS  
MILES TO GO SPORTS  
NATURE'S PATH  
OHMDOG.COM  
OSTERMAN GAS SERVICE  
POLAND SPRING  
POLAR BEVERAGES  
POLYFOAM PRECISION MOLDED FOAM  
PR RUNNING  
SHAWS SUPERMARKET  
SUNDEEN FURNITURE  
WHITINSVILLE MCDONALD'S  
WHITINSVILLE FAMILY DENTAL CENTER  
UNIBANK  
WALMART

**SPECIAL THANKS TO**  
THE NORTHBRIDGE POLICE DEPARTMENT  
THE WHITIN COMMUNITY CENTER  
CENTRAL MASS STRIDERS  
[www.whitinfive.com](http://www.whitinfive.com)