

Whitin Five-Mile Race & Two-Mile Health Walk



The 31st 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 28, 2019

Rain or Shine! Blizzard date, Dec. 1

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 #:

Cash Prizes

1 st Woman	\$75.00
2 nd Woman	\$60.00
3 rd Woman	\$50.00
1 st Man	\$75.00
2 nd Man	\$60.00
3 rd Man	\$50.00
1 st 40-49 Woman	\$50.00
1 st 40-49 Man	\$50.00
1 st 50-59 Woman	\$50.00
1 st 50-59 Man	\$50.00
1 st 60-69 Man	\$50.00
1 st 60-69 Woman	\$50.00
1 st 70+ Woman	\$35.00
1 st 70+ Man	\$35.00

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:

\$23 early bird fee received by August 31
Registration is not complete unless the correct fee is paid.

\$28 if received by November 27
\$35 race day

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

*No walkers allowed on run course.
*Please leave pets at home.

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 10! Race number/t-shirt pick up is Wed., Nov. 27 at Whitin CC from 5-7 PM (sizes not guaranteed)

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

Please enter me in the 2019 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:

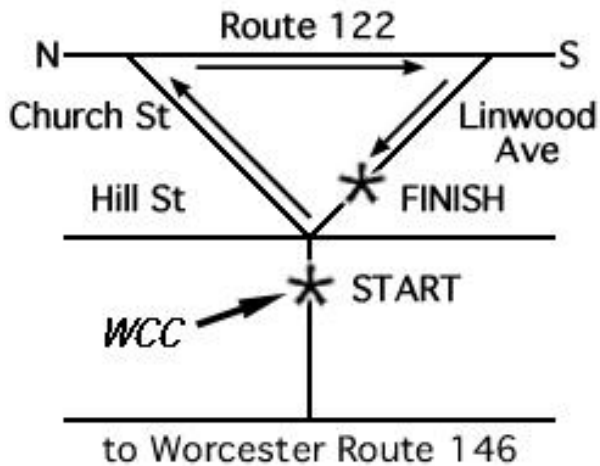
MASS TURNPIKE (I-90) TO EXIT 10A
(WORCESTER/RTE. 146). FOLLOW RTE. 146
SOUTH 8 MILES TO "PURGATORY ROAD"
EXIT.
TAKE A LEFT AT THE END OF THE EXIT
RAMP. FOLLOW THIS ROAD ABOUT 3 MILES
INTO THE CENTER OF WHITINSVILLE. (NOTE:
PURGATORY ROAD BECOMES NORTH MAIN
STREET AND THEN MERGES WITH MAIN
STREET OVER 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
racewire.com

Or Gratitude to the Following Whitin Five Sponsors

DR. LOUIS AMANTEA
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WHITINSVILLE FAMILY DENTAL CENTER
UNIBANK
WALMART

SPECIAL THANKS TO

THE NORTHBRIDGE POLICE DEPARTMENT
THE WHITIN COMMUNITY CENTER
CENTRAL MASS STRIDERS

www.whitinfive.com