

25th Annual Plympton Strawberry Shortcake 10K Road Race

May 19, 2012

Location

Upland Sportsman's Club
76 Upland Road, Plympton

Trophies Awarded To

Top 3 Overall Male and Female
Top 3 Overall Male and Female by Division
Top 3 Fun Runners under 15 years of age

Entry Fee 10K Runners/Walkers

\$23 Pre-Registration
\$25 Race Day Registration
Maximum Fee for Family \$52 (3+ entrants)

Entry Fee Fun Run

\$13 Pre-Registration
\$15 Race Day Registration

Divisions Male and Female

10K Road Race Runners Only

Juniors	Ages	10-19
Open	Ages	20-29
Sub Masters	Ages	30-39
Masters	Ages	40-49
Master Seniors	Ages	50-59
Grand Seniors	Ages	60-69
Veterans	Ages	70-79
Grand Veterans	Ages	80-100

Top Male and Female Winners 2011

David Lamoureux Time 37:13
Aviva Goldstein Time 41:17

This is a USATF Sanctioned Road Race

Course Record Holders

Steven Warren Time 31:56
Ann Ford Time 36:42

Strawberry Shortcake will be served post race!!

Website: www.strawberryshortcakerace.com

Please make checks payable to:

Plympton Strawberry Shortcake Road Race
c/o Lee Cook
4 Brackett Terrace
Plympton, MA 02367

Race Times:

10K Walkers and Fun Run: 9:30AM
10K Runners: 10:00AM

2012 Strawberry Shortcake Road Race Entry Form

Last Name _____ First Name _____

Street Address _____ Town _____

State _____ Zip Code _____

Email Address _____

Sex M ___ F ___ Age on May 19th, 2012 _____ Check One: Race 10K ___ Fun Run ___ 10K Walk ___

Technical T-Shirts to all registrations received prior to April 30th 2012

Shirt Size XL ___ L ___ M ___ S ___

I assume all risks associated with walk/running in this event including, but not limited to, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risk being known and appreciated by me. On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for personal injury or other loss or damage which may arise from participation in this race, against The Strawberry Shortcake Committee, all sponsors, as well as any other persons connected with this event.

Signature _____ Parent/Guardian if under 18 _____