

SPONSORED BY:



The First National Bank of Suffield



The Suffield Parks & Recreation Department

230C Mountain Road

5K RUN - 8:15 a.m.
31st Annual
10K ROAD RACE - 9:15 a.m.
Saturday, September 11, 2010

**Suffield Middle School
350 Mountain Road**

Directed by Suffield Parks & Recreation Department 860-668-3862 - Map of courses on back

COMPUTERIZED RESULTS BY: Professional Timing Company.

No personal timing devices will be acknowledged.

RACE DETAILS:

10K RACE FIRST PLACE DIVISIONS:

<u>Men</u>	<u>Women</u>	
A	B	18 & under
C	D	19 - 29
E	F	30 - 39
G	H	40 - 49
I	J	50 - 59
K	L	60 +



10K RACE PRIZES:

1st Male/Female 10K overall - \$100.00 Gift Certificate to THE RUN IN.

1st Place Division Winners - Gift Card

1st Suffield finisher 10K - Gift Card

5K RUN ADULT FIRST PLACE DIVISIONS:

Ages 18 - 29 - Male/Female

Ages 30 - 39 - Male/Female

Ages 40 - 49 - Male/Female

Ages 50 - 59 - Male/Female

Ages 60 + Male/Female

1st MALE/FEMALE 5K OVERALL

ADULT 5K RUN DIVISION PRIZES

1st Male/Female in Division: Gift Card

1st Male/Female Overall Finishers:

\$75.00 Gift Card



Random raffle prizes will be drawn at the conclusion of races.

YOUTH FIRST PLACE DIVISIONS 5K RUN:

<u>Boys</u>	<u>Girls</u>	
A.	B.	10 & under
C.	D.	11 - 13
E.	F.	14 - 17

*If under age 8 must be accompanied by adult runner.

YOUTH 5K RUN DIVISION PRIZES:

1st Male/Female Youth 5K - Gift Card



REGISTRATION INFORMATION:

Pre-Registration: \$15.00 until Wednesday, September 8, 4:00 p.m.

After September 8: REGISTRATIONS ONLY ACCEPTED ON RACE DAY.

RACE DAY FEE: **\$20.00**

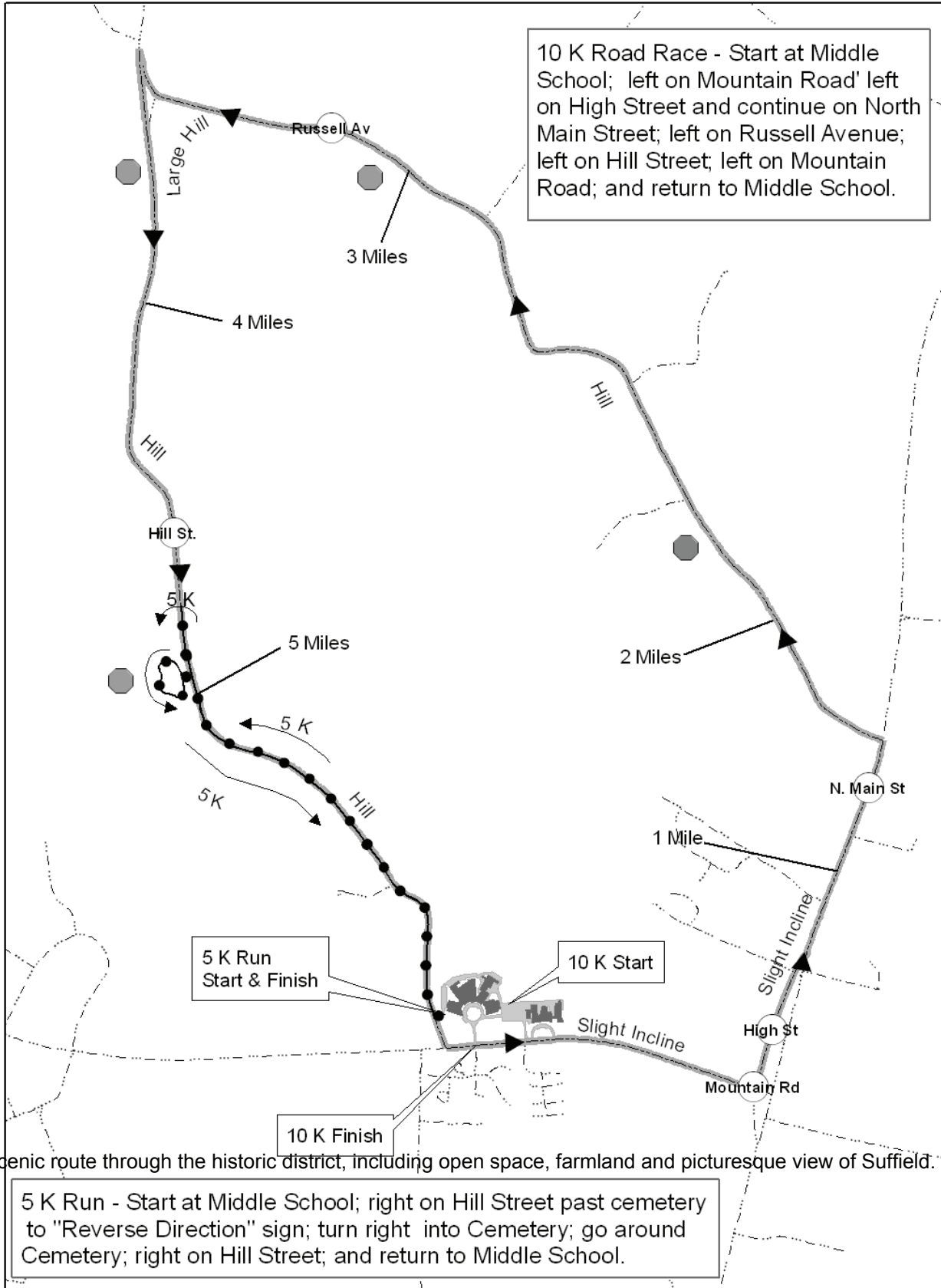
Race Day Registration: 7:15 - 7:45 a.m., Saturday, September 11.

CASH or CHECK ONLY.

Checks Payable to: Suffield Parks & Recreation Dept., 230C Mountain Rd., Suffield, CT 06078

Shirts: T-shirts given to the first 100 pre-registrants only who register by September 8. Shirt size availability is limited.

Suffield Parks & Recreation 5K & 10K Course Map



A scenic route through the historic district, including open space, farmland and picturesque view of Suffield.