

# Upton VFW - Post 5594

## 12<sup>th</sup> Annual *Run to Remember* 5K HYBRID Race!

### Saturday, October 2, 2021 (& 1.4 mi Walk)

5K starts at 9:00 a.m. / Kids Fun Run starts at 9:45 a.m.

Upton VFW, Route 140, Upton, MA

Walkers Welcome!

#### Description

5K run is a fast start, mostly flat course, 100% roads. Walkers and joggers with strollers welcome - must start behind runners. No pets please. All can wear the name of a veteran. Water and bathroom facilities at check-in. Water at halfway point.

#### When

Saturday, Oct. 2, 2021  
5K start at 9:00 a.m.  
Kids Fun Run start at 9:45 a.m.

Bib # pick-up on race day. Late registration available from 7:45 a.m. to 8:30 a.m. on race day at Upton VFW. NOTE: Cash or check only.

#### Race Entry Fees

Early Registration: \$20 (t-shirt \$5 option) until Sept. 24<sup>th</sup>  
Post Registration: \$25 (on race day)  
Kids Fun Run: \$7

#### Prizes

Gift certificates and prizes from area merchants - winners must be present to win.

#### Registration

Applications available at multiple locations in town and/or by registering online at [www.active.com](http://www.active.com)  
Registration also available at Tuesday night cruise nights held at Upton VFW.

#### Awards

Top three overall men and women.  
Male and female age division awards for age brackets: 12 and under; 13-15; 16-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70+  
Prizes also awarded to first 3 M/F Veterans and first M/F Teacher, Police & Fire Fighter.

#### GPS Directions

15 Milford Street (Route 140) in Upton

#### Questions

E-mail: [dbkenn69@aol.com](mailto:dbkenn69@aol.com)



#### \*\*\*8<sup>th</sup> Annual Kids Fun Run\*\*\*

For kids ages 10 and under; ¼ mile to a full mile (distance varies according to age)

**Register:** on race day from 8am until 9:30am

**Kids Race:** starts at 9:45 a.m.

**Location:** Baseball field behind VFW

**Cost:** \$7 and every kid gets a medal!

Results Posted in [www.ACTIVE.com](http://www.ACTIVE.com)

All proceeds benefit the George L. Wood Post 5594. Members / veterans are so grateful for your support!

**RUN TO REMEMBER AND HONOR A VETERAN!!!**

Names to be provided or bring the name of "Your" Veteran with you.

### Entry Application (please print clearly)

Make checks payable to the Upton VFW and mail with application for receipt by September 24<sup>th</sup> to: Upton VFW / George L. Wood Post 5594, P.O. Box 472, Upton, MA 01568

In consideration of our accepting this entry, I hereby waive and release any and all rights and claims to damage I may have against Race officials, the Town of Upton, the Upton VFW, their staff and any representatives for any and all injuries by me in this event.

SIGNATURE : \_\_\_\_\_  
(PARENTS IF UNDER 18) :

PRINT NAME	FIRST	LAST	AGE
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HOME ADDRESS	NUMBER AND STREET	TOWN	(ON RACE DAY)
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STATE →	ZIP →	Event	RUNNER <input type="checkbox"/>	YOUR EMAIL ADDRESS
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GENDER	MALE <input type="checkbox"/>	FEMALE <input type="checkbox"/>	WALKER <input type="checkbox"/>
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CHECK HERE FOR VIRTUAL PARTICIPATION (RUN ANYWHERE!) <input type="checkbox"/>	See reverse side for virtual run info
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\$5 Optional T-Shirt (PLEASE CIRCLE ONE ONLY) S M L XL XXL	EMERGENCY PHONE #:
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RUNNING CLUB NAME →	Pre-Reg (Virtual or Live) Only: \$20 Live-Pre-Registration plus T-Shirt: \$25 Post Registration on Race Day (no t-shirt): \$25 Kids Dash: \$7 Register on-line at <a href="http://www.active.com">www.active.com</a>
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CIRCLE ONE (IF APPLICABLE) →	* Veteran	* Police Officer
	* Teacher	* Fire Fighter

The **12<sup>th</sup> Annual Run to Remember 5K** is going **HYBRID** for 2021! Participate in the run virtually or IN PERSON!

**RUN TO REMEMBER A VETERAN!!!** Our race honors all Active, Reserve, and Guard members and veterans who served our country in the past. Each participant is encouraged to wear the name of a veteran they wish to honor. If you don't have your "own" veteran, we'll provide you with a veteran's name. A great way to show support!

Be sure to visit our webpage [www.uptonvfw.org/5k](http://www.uptonvfw.org/5k) and our [Virtual R2R Facebook event](#) page for the latest updates!

## What is a Hybrid 5K

You can choose between two different registrations:

- **Run to Remember 5K (3.1 mile) VIRTUAL Event (October 2 – October 10)**

Run, jog, walk anytime, anywhere you choose between October 2<sup>nd</sup> and October 10<sup>th</sup>! This is your chance to schedule your run around your time and weather! No need to run in the rain!

Virtual Registration is \$20.00

- **Run to Remember 5K In-Person Certified/Timed Run on Saturday, October 2<sup>nd</sup> at 9:00am at Upton's VFW Post.**

Early registration is \$20. Don't wait to sign up!

## VIRTUAL EVENT

- **Course:**
  - You choose your own 5K running or 2.25K (1.4M) walking course. We recommend planning your course ahead of time by using a site (or app) like MapMyRun.com or onthegomap.com.
  - Run or walk your distance between October 2<sup>nd</sup> and October 10<sup>th</sup>.
  - **Kids Dash** for ages 10 & under.
  - Kids Dash registration is an optional purchase with any 5K or walker registration. Or you can register kids separately if adult is not a participant. Kids registration includes a Kids Dash bib and neck gaiter / buff. (Recommended distance of 400 meters (1 track lap) or 50-yard dash depending on age).
- **Race Packet Pick Up for Virtual Participants:**
  - Race packet includes R<sup>2</sup>R Race Bib and R<sup>2</sup>R Neck Gaiter / Buff.
  - Choose whether to pick-up (October 1<sup>st</sup>, 4-7pm or Oct 2<sup>nd</sup>, 7:45am - 8:30am) or have it mailed to your home.
  - Pick-up location: Upton VFW Post 5594, 15 Milford Street, Upton, MA 01568.
- **How to record your time for the Virtual 5K Run/Walk:**
  - Use your watch and a pre-measured course or a running app such as Strava, Map My Run, or Garmin. You are "on our honor" to record your time correctly. Please send your run time (or screen shot from your favorite running app) by 5PM on October 10<sup>th</sup>.
  - Send us photos of your participation and of the Veteran you are remembering to [Post5594@vfwma.org](mailto:Post5594@vfwma.org) by 5pm on October 10<sup>th</sup> (optional).
- **Awards for Virtual Participants:**
  - Prizes will be mailed to Top Overall Male and Top Overall Female.
  - Medals will be given to the top runner in each of the following categories: Women's First Place, Men's First Place, Police, Firefighter, Teacher, Veteran
  - All Kids get a medal!

**Please use all safe practices when running, walking and 'dashing'. Please follow state guidelines for Covid-19 safety.**

Follow us on [Upton VFW Facebook Page](#) for the latest updates! Thank you and we hope to see you there!

Upton VFW Race Team