

Upton VFW - Post 5594

14th Annual **Run to Remember** 5K HYBRID Race!

Saturday, October 7, 2023 (& 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 | When | Race Entry Fees | Registration | Awards |
|--|--|---|--|---|
| 5K run is a fast start, mostly flat course, 100% roads. | Saturday, Oct. 7, 2023 5K start at 9:00 a.m. | Early Registration: \$25 (t-shirt \$5 option) until October 6 th Post Registration: \$30 (on race day) Kids Fun Run: \$7 | Applications available at multiple locations in town and/or by registering online at www.active.com Registration also available at Tuesday night cruise nights held at Upton VFW. | 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+ |
| Walkers and joggers with strollers welcome - must start behind runners. No pets please. | Kids Fun Run starts at 9:45 a.m. | Prizes Gift certificates and prizes from area merchants - winners must be present to win. | | Prizes also awarded to first 3 M/F Veterans and first M/F Teacher, Police & Fire Fighter. |
| All can wear the name of a veteran. Water and bathroom facilities at check-in. Water at halfway point. | 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. | | | |

Questions

E-mail: post5594@vfwma.org

GPS Directions

15 Milford Street (Route 140) in Upton



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

10th Annual Kids Fun Run

For children ages 10 and under; 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

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 30th 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.

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|--|---|
| SIGNATURE : (PARENTS IF UNDER 18) : | |
| PRINT NAME | FIRST LAST |
| HOME ADDRESS | NUMBER AND STREET TOWN (ON RACE DAY) |
| STATE → ZIP → | Event RUNNER <input type="checkbox"/> WALKER <input type="checkbox"/> |
| GENDER MALE <input type="checkbox"/> FEMALE <input type="checkbox"/> | YOUR EMAIL ADDRESS |
| CHECK HERE FOR VIRTUAL PARTICIPATION (RUN ANYWHERE!) <input type="checkbox"/> See reverse side for virtual run info | |
| \$5 Optional T-Shirt (PLEASE CIRCLE ONE ONLY) S M L XL XXL | |
| RUNNING CLUB NAME → | |
| CIRCLE ONE (IF APPLICABLE) → | * Veteran * Police Officer * Teacher * Fire Fighter |
| EMERGENCY PHONE #: | |
| Pre-Reg (Virtual or Live) Only: \$25 Live-Pre-Registration plus T-Shirt: \$30 Post Registration on Race Day (no t-shirt): \$30 Kids Dash: \$7 Register on-line at www.active.com | |

The **14th Annual Run to Remember 5K** is a **HYBRID** event for 2023! 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, our [R²R Facebook event](#) page, and our [R²R Kids Fun Run 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 (Sept 30 – October 7)**

Run, jog, walk anytime, anywhere you choose between September 30th and October 7th! This is your chance to schedule your run around your time and weather! No need to run in the rain!

Virtual Registration is \$25.00

- **Run to Remember 5K In-Person Certified/Timed Run on Saturday, October 7th at 9:00am at Upton's VFW Post.**

Early registration is \$25. Don't wait to sign up!

Kids Fun Run ("Dash") starts at 9:45 a.m. Registration is \$7.

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 September 30th and October 7th.
- **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. (Recommended distance of 400 meters (1 track lap) or 50-yard dash depending on age.)
- **All Kids get a medal!**

- **Race Packet Pick Up for Virtual Participants:**

- Race packet includes R²R Race Bib.
- Choose whether to pick-up (October 6th, 4 - 7pm or Oct 7th, 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 your honor" to record your time correctly. Please send your run time (or screen shot from your favorite running app) by 5PM on October 7th.
- Send us photos of your participation and of the Veteran you are remembering to Post5594@vfwma.org by 5pm on October 7th (optional).

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