


Upton VFW - Post 5594

16th Annual **Run to Remember** - Saturday, October 4, 2025 5K Road Race & 2.25K (1.4 mi) Walk

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

Upton VFW, 15 Milford St., Upton, MA			<i>Walkers Welcome!</i>	
Description	When	Race Entry Fees	Registration	Awards
5K run is a fast start, mostly flat course (100% roads). Walkers and joggers with strollers are 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.	Saturday, Oct. 4, 2025 5K starts at 9:00 a.m. Kids Fun Run starts 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.	Early Registration: \$25 until October 4 th (\$7 optional t-shirt) Post Registration: \$30 (on race day) Kids Fun Run: \$7 (\$5 optional t-shirt) Prizes Gift certificates and prizes from area merchants - winners must be present to win.	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+ Prizes also awarded to first 3 M/F Veterans, and first M/F Teacher, Police & Fire Fighter.
GPS Directions		Questions		
15 Milford Street (Route 140) in Upton		E-mail: post5594@vfwma.org		
All proceeds benefit the George L. Wood Post 5594. Members / veterans are so grateful for your support!				
			12th 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 at resultscui.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 26th 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: (PARENT/GUARDIAN IF UNDER 18): _____				
PRINT NAME	FIRST	LAST	AGE: _____ (ON RACE DAY)	
HOME ADDRESS	NUMBER AND STREET		TOWN	
STATE →	ZIP →	EVENT	RUNNER <input type="checkbox"/>	YOUR EMAIL ADDRESS
GENDER: MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>		WALKER <input type="checkbox"/>		
\$7 OPTIONAL T-SHIRT → (Please circle one only) S M L XL X 2XL \$5 KIDS FUN RUN T-SHIRT → (Youth Size) S M L XL			EMERGENCY PHONE #:	
RUNNING CLUB NAME →			Pre-Reg Only: \$25 Pre-Registration plus T-Shirt: \$32 Post Registration on Race Day (no t-shirt): \$30 Kids Dash: \$7 Register on-line at www.active.com	
CIRCLE ONE (IF APPLICABLE) →	* Veteran	* Police Officer		
	* Teacher	* Fire Fighter		