SCAN ME

17th Annual Run to Remember
Saturday, Oct. 3, 2026
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.

VFW VETERANS OF FOREIGN WARS. Post 5594

Upton VFW, 15 Milford St., Upton, MA — *Walkers Welcome!*

Description

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.

When

Saturday, Oct.3, 2026
5K starts at 9:00 a.m.

Kids Fun Run starts at 9:45 a.m.

Bib # pick-up on race day.

Day-of registration available from 7:45 am to 8:30 am on race day at Upton VFW.

NOTE:
Cash or check only.

Race Entry Fees

Early Registration:
***$30** until October 3rd*

- *$25: Ages 6 - 15*
- *$25: Ages 80 - 100*

Post Registration: $35 (on race day)

Kids Fun Run: $7

Prizes

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

Registration

Register online at www.runsignup.com

To be guaranteed a t-shirt, you must register by no later than ***Saturday, September 19th.***

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; 70-79; 80+

Prizes also awarded to first 3 M/F Veterans, and first M/F Teacher, Police & Fire Fighter.

******13th 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, T-shirt, and Goody bag!*** **** Register by Sept. 19th to guarantee t-shirt ****

GPS Directions

15 Milford Street (Route 140) in Upton

Questions

E-mail: post5594@vfwma.org

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

Results Posted at
https://runsignup.com/Race/Results/210702/

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** □ / **WALKER** □ — **YOUR EMAIL ADDRESS**
GENDER: MALE □ **FEMALE** □			

T-SHIRT → ***(Please circle one only)*** **S M L XL X 2XL**
KIDS FUN RUN T-SHIRT → (Youth Size) S M L XL

EMERGENCY PHONE #:

RUNNING CLUB NAME →

CIRCLE ONE (IF APPLICABLE) →

* Veteran	* Police Officer
* Teacher	* Fire Fighter

Pre-Registration: $30
- ***$25 for Ages 6 – 15 and Ages 80 – 100***

Post Registration / Race Day (no t-shirt): $35
Kids Fun Run: $7
Register on-line at www.runsignup.com