

# Whitin Five-Mile Race & Two-Mile Health Walk



The 23<sup>rd</sup> Annual on Thanksgiving Day



The proceeds of this event will benefit the Whitin Community Center and the Massachusetts Audubon Society in Worcester.

**Date: Thanksgiving Morning**  
**November 24, 2011**  
 Rain, Snow or Shine!

**Time: Race begins at 8:10 AM**  
 Registration at 7 AM

**Location: Whitin Community Center**  
 60 Main Street, Whitinsville, Ma. 01588  
 508-234-8184

**Purpose:** To promote health and fitness for the whole family and to support programs that will protect the environment.

**Course:** Flat, rolling, and fast. Mile markers, water stop. USATF course certified #MA07032JK.

**Amenities:** Computer chip timing by RaceWire. Showers, lockers, raffles, coffee and refreshments. Raffles.  
 Race sanctioned by RRCA.  
 T-shirts must be picked up by 8 AM.



ID #: 423

Cash Prizes		
1 <sup>st</sup> Woman		\$75.00
2 <sup>nd</sup> Woman		\$40.00
3 <sup>rd</sup> Woman		\$30.00
1 <sup>st</sup> Man		\$75.00
2 <sup>nd</sup> Man		\$40.00
3 <sup>rd</sup> Man		\$30.00
1 <sup>st</sup> Master Woman		\$50.00
1 <sup>st</sup> Master Man		\$50.00
1 <sup>st</sup> Senior Woman		\$50.00
1 <sup>st</sup> Senior Man		\$50.00
1 <sup>st</sup> Veteran Man		\$50.00
1 <sup>st</sup> Veteran Woman		\$50.00
1 <sup>st</sup> 70+ Person		\$50.00

Merchandise		
Top 3 per division.		
One award per person.		
Must be present to claim award.		

Divisions:		
Male and Female~		
A. Under 13		
B. 13 - 19		
C. 20 - 29		
D. 30 - 39		
E. 40 - 49		
F. 50 - 59		
G. 60 - 69		
H. 70 - 79		
I. 80+		



**Bonus!**  
**\$50.00 for New Course Records!**

**Open:**  
 1991 - Jane Welzel - 27:51  
 1990 - Scott Mason - 24:41

**Master:**  
 2001 - Mary Lammi - 29:43  
 1990 - Larry Olsen - 25:41

**Fees:**  
 \$22.00 Pre-entry before day of race  
 \$25.00 Post-entry race day morning (\$3 less for students under age 23)  
 Walkers may enter and receive t-shirt, but are not eligible for awards.  
 \*No walkers on the run course.

Make checks payable to:  
 Whitin Five  
 Mail to: Linda Usher  
 Race Director  
 131 South Street  
 Upton, MA 01568

Registration is non-refundable

For race information call:  
 508-529-6862  
 e-mail:  
 juniperhill@charter.net  
 www.whitinfive.com  
 www.facebook.com/whitinfive

Mugs to first 50 finishers! Plus ~ Long-sleeved 100% cotton t-shirts guaranteed to all who pre-register by November 14!

**WCC Ticket to Ride Raffle will be drawn on race day - www.WhitinCommunityCenter.com for more info!**

-----please cut-----

Please enter me in the 2011 Whitin Five Mile Road Race/Two-Mile Health Walk. I agree to assume all responsibility for all damage or injury to me as a participant in the event. In consideration for being accepted as an entrant in these events, I hereby for myself, my heirs, executors, and administrators, release and discharge the RRCA, and any and all individuals and organizations associated with the race, from all claims, damages, rights of action, present and future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or incident to my participation in this event. I hereby certify that I will not participate in the Whitin Five Mile Road Race/Two Mile Health Walk unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of name, and/or picture, in any broadcast, photograph, or other account of this race. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by this guideline. Race to be completed within seventy minutes.

Please Print Clearly\*

Name \_\_\_\_\_ M \_\_\_ F \_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ email: \_\_\_\_\_

Town, State, Zip \_\_\_\_\_

5-Mile Race \_\_\_ Walk \_\_\_ Club \_\_\_\_\_ Phone \_\_\_\_\_

Signature (Required) \_\_\_\_\_ Parent Signature if under 18 \_\_\_\_\_

## Course Map ~ Race Location

### FROM THE EAST OR WEST:

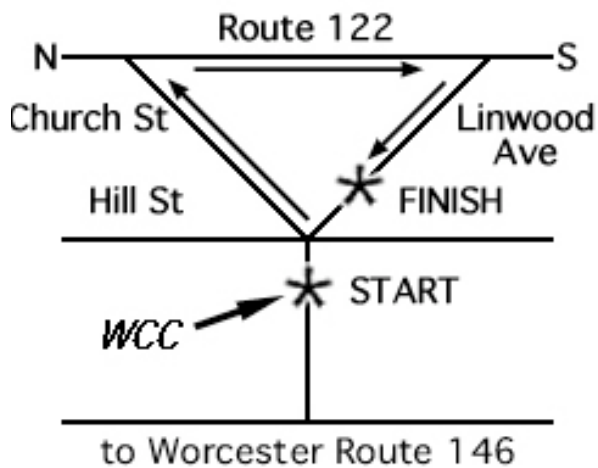
MASS TURNPIKE (I-90) TO EXIT 10A (WORCESTER/RTE. 146). FOLLOW RTE. 146 SOUTH 8 MILES TO "PURGATORY ROAD" EXIT.  
TAKE A LEFT AT THE END OF THE EXIT RAMP. FOLLOW THIS ROAD ABOUT 3 MILES INTO THE CENTER OF WHITINSVILLE. (NOTE: PURGATORY ROAD BECOMES NORTH MAIN STREET AND THEN MERGES WITH MAIN STREET OVER THIS 3 MILES STRETCH.) WHITIN COMMUNITY CENTER WILL BE ON YOUR LEFT. GO PAST BUILDING 200 YARDS FURTHER TO TRAFFIC LIGHT.  
TAKE A LEFT AT THE LIGHT ONTO HILL STREET. TRAVEL UP HILL STREET 100 FEET. ENTRANCE TO WHITIN COMMUNITY CENTER PARKING LOT IS ON THE LEFT.

### FROM THE NORTH:

I-495 SOUTH TO I-290. CONNECT TO RTE. 146 IN CENTER OF WORCESTER AT BROSNAHAN SQUARE.  
FOLLOW RTE. 146 SOUTH TO PURGATORY ROAD EXIT. (FOLLOW DIRECTIONS ABOVE.)

### FROM THE SOUTH:

NORTH ON RTE. 146 TO LACKEY DAM ROAD EXIT. TURN RIGHT AT END OF RAMP. FOLLOW ROAD 3 MILES TO CENTER OF WHITINSVILLE (TRAFFIC LIGHT) (NOTE: LACKEY DAM ROAD BECOMES DOUGLAS ROAD AS YOU HEAD TOWARDS WHITINSVILLE.). PROCEED STRAIGHT THROUGH TRAFFIC LIGHT UP HILL STREET 100 FEET, TURN LEFT INTO WHITIN COMMUNITY CENTER PARKING LOT



Look for race results  
posted on  
[coolrunning.com](http://coolrunning.com)  
&  
[cmsrun.org](http://cmsrun.org)

## Our Gratitude to the Following Whitin Five

### 2011 Sponsors:

R.W. KNUDSEN FAMILY  
DR. LOUIS AMANTEA  
THOMAS J. BAKER, ATTY.  
BERKOWITZ TRUCKING, INC.  
BRIAN'S RESTAURANT  
CONSUMER AUTO PARTS  
DUNKIN' DONUTS  
E. OSTERMAN GAS SERVICE  
DR. RUSSELL FRADKIN O.D.  
GAUDETTE INSURANCE  
HANNAFORD SUPERMARKET  
HARBRO AUTO SALES/SERVICES  
J WHITE'S AUTOMOTIVE CENTER  
JUNIPER HILL NATURAL FOODS  
KARAGOSIAN PLUMBING  
KOOPMAN HOME CENTER  
LANE & HAMER, ATTORNEYS  
LINWOOD MILLS APPARTMENTS  
NATURE'S PATH  
OHMDOG.COM  
POLAND SPRING  
POLAR BEVERAGES  
POLYFOAM PRECISION MOLDED FOAM  
PR RUNNING  
RUNNER'S WORLD  
SHAW'S SUPERMARKET  
SPAGS 19  
SPORTS MINDED PLUS  
SUNDEEN FURNITURE  
WESTBORO PAINT & DECORATING  
WHITINSVILLE MCDONALD'S  
WHITINSVILLE FAMILY DENTISTRY  
UNIBANK  
WALMART  
ZICO PURE COCONUT WATER

### SPECIAL THANKS TO

THE NORTHBRIDGE POLICE DEPARTMENT and  
THE WHITIN COMMUNITY CENTER

[www.whitinfive.com](http://www.whitinfive.com)

## Whitin Community Center's Ticket To Ride Raffle for Youth Outreach!

**Grand Prize:** 2011 Ford Fiesta 4-door Sedan SE

**First Prize:** Cub Cadet Snow Thrower

**Second Prize:** Vizio 47" 3-D LCD HDTV

**Third Prize:** Broilmaster Stainless Steel Grill

**Fourth Prize:** \$500 Hannaford Supermarket Gift Card

*Purchase tickets at Whitin Community Center, 60 Main Street, Whitinsville, MA. Only 1200 tickets will be sold!*