

17th Annual
Mt. Toby Trail Run

14 miles

Sunday, August 22, 2004

9:30 A.M.

Sunderland, Massachusetts

Organized by Sugarloaf Mt. Athletic Club

For the Benefit of

Frontier Regional Boys and Girls Cross Country Team

Tilton Library in South Deerfield

Graves Library in Sunderland

Sunderland Firemen's Association

Course: From Sunderland's Town Park (elevation 250') to the top of Mt. Toby (1269') and back, using a mixture of jeep roads and trails. Total climb is 1900". The footing is rocky in places, but overall it is good for a trail race. The route first ascends steadily for 2 miles on the winding North Mountain Rd., follows old woods trails for 1.5 miles with little change in elevation, then makes a short climb over Cranberry Ridge before joining the jeep trail for the last 3 miles to the summit. The return is downhill.

Directions: From exit 24 on I-91, go north on Rts. 5&10 for a couple of hundred yards, then right at the light on Rt. 116 towards Sunderland and Amherst, crossing the Connecticut River. It is 2 miles to Sunderland. At the light in Sunderland, turn left (north) on Rt. 47. Follow this 1/2 mile, then turn right onto Silver Lane. Follow this 2/10-mile, then turn left onto Park Road. Follow this a short distance to the Town Park. A port-o-potty will be available at the town park.

Entry fee: \$15.00 pre-registration (postmarked by August 14th). \$20.00 post-entry.

Schedule: Check in and post registration from 8:30 AM to 9:15 AM. Start at 9:30 AM

To register: Complete entry form on reverse side and mail it with a **check/money order (payable to SMAC)** to SMAC, c/o Dave Martula, P.O. Box 379 Hadley, Mass. 01035.

Questions: Call Scott Hunter at (413) 665-0150 or Email: scotjh@aol.com

T-shirts: T-shirts will be given to all pre-registrants. There will be shirts available to post-registrants for \$5.00.

Prizes: \$100.00 – 1st men's and women's open winner. Masters, veterans, seniors, over 70, mid pack runner, 2nd and 3^d open prizes. Lottery drawing.

Aid Stations: 3 manned, 2 unmanned, awesome picnic lunch after the race.

Entry form on Reverse Side.

Sponsors

Annie's Garden and Gift Shop
Berkshire Brewing Company
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Philosophical Gardening
Smiarowski Farm Stand and Creamy
Sportshoe Center in Northampton
Sugar Loaf Frostee
Upton-Massamont Realtors
Thayer Street Associates
Wolfie's Restaurant

Accommodations: Red Roof Inn, South Deerfield (413) 665-7161. White Birch Campgrounds, Whately, (413) 665-4941.

Information: Call Scott Hunter at (413) 665-0150 or Email: scotjrh@aol.com

Website: Check out Sugarloaf Mt. Athletic Club's website: www.sugarloafmac.com
Results will be posted on this website Sunday night and coolrunning asap.

Please enter me in the Mt. Toby Trail Run, August 22, 2004. Mail to SMAC, c/o Dave Martula, PO Box 379, Hadley, MA, 01035. **Checks payable to SMAC.**

Name _____ Age _____ Sex _____
Address _____ Club _____
City _____ State _____ Zip _____
Email(print legibly) _____

In consideration of this entry being accepted, I, for myself, or for any person or concern who may claim through me, on my behalf, do hereby hold harmless and release the Town of Sunderland, the Commonwealth of Massachusetts, Sugarloaf Mt. Athletic Club, private landowners along the course, and sponsor, or official of the Mt Toby Trail Run from any and all claims for personal injury or damages arising out of or connected with my participation in this event.

Signature _____ Date _____ Parent signature _____