



# Twin Reservoirs Half Marathon & 5K

Holyoke Community College  
Holyoke, Massachusetts

Sunday July 17, 2016 8:00 AM

Presented by 3C Race Productions

The Twin Reservoirs Half Marathon will treat runners to more than 6 miles on the beautiful groomed trails around the Ashley Pond Reservoirs starting and finishing on the challenging hills of Holyoke Community College.

**20% of all entry fees support local cross country & track teams.**

<b>Entry Fees:</b>	Half Marathon: \$60.00 until July 10, 2016; \$70.00 until July 16, 2016; \$80.00 on race day. 5K: \$30.00 until July 10, 2016; \$35.00 until July 16, 2016; \$40.00 on race day.
<b>Amenities:</b>	Technical shirts to all half marathon runners; cotton T-shirts to all 5K runners; finisher medals to all half marathoners; Race Result Chip Timing; fresh fruit and pastries at the finish line; challenging course through the city of Holyoke, 6 water stops; and more.
<b>Awards:</b>	Twin Reservoirs Half Marathon Pint Glasses to overall and age groups winners in the half marathon and 5K.
<b>Directions:</b>	Holyoke Community College: Take I-91 North or South to Exit 16; Right onto Cherry Street (Route 202); Left at first light onto Homestead Avenue; Right at flashing yellow light. Race is at the Bartley Center for Athletics
<b>Information:</b>	Call Michael Amarello at (603) 429-8879 or email: michael@3craceproductions.com or go to: <a href="http://www.twinreservoirshm.com">http://www.twinreservoirshm.com</a> . Make check payable to 3C Race Productions. Mail entry to Twin Reservoirs Half Marathon, 160 Amherst Road, Merrimack, NH 03054
<b>Sponsors:</b>	RoadID, Fun On Foot In New England, Lightfoot Clocks, VitaCoco, and many more.

Sign up online at: <https://g2racereg.webconnex.com/twinreservoirshm2016>

Select Race:    \_\_\_ Half    \_\_\_ 5K

### Individual Entry

Name: \_\_\_\_\_ Gender: M F    Age: \_\_\_\_\_    T-Shirt Size: S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

I/We know that running is a potentially hazardous activity. I/We should not enter or run this event unless I/we are medically able and properly trained. I/We agree to abide by any decision of a race official relative to our ability to safely complete the run. I/We assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by us. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I/We, for ourselves and anyone entitled to act on our behalf, waive and release 3C Race Productions; the City of Holyoke, MA; Holyoke Community College; and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of our participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. I/We agree to the terms as signed by us or our team captain and our participation in this race.

Signature of \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature required for all  
runners under 18 - sign on back of form.