

19th Annual
Mt. Toby Trail Run

14 miles

Sunday, August 27, 2006

9:30 A.M.

Sunderland, Massachusetts

Organized by Sugarloaf Mt. Athletic Club

For the Benefit of

Frontier Regional Boys and Girls Cross Country Team

Turners Falls 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 ½ 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 20th). \$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 Mt. Toby Trail Run, c/o Scott Hunter, 63 Sugarloaf Street, South Deerfield, MA, 01373.

Questions: Call Scott Hunter at (413) 695-7244 or Email: scotjh@aol.com

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

Prizes: \$100.00 – 1st men's and women's open winner. Masters, veterans, seniors, over 70, mid pack runner.

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

Sponsors

Annie's Garden and Gift Shop
Berkshire Brewing Company
Billy's Beer and Wine
Bioshelters Inc
Channing Bete Co Inc
Dale Frank Insurance Company
Elm Farm Bakery

Jerry's Place
Kennametal– Deerfield Operations
Millstone Farm Market
New Balance
New England Natural Bakers
Northampton Running Co
Sam's Food Mart – Sunderland

Emmy Hunter
E Ostermann Gas Service
Foster's Supermarket

Smairroski Farm Stand and Creamy
South Deerfield Veterinary Clinic
Sportshoe Center in Northampton

Hardigg Industries
JRS/Jenks Repair Service

Sugar Loaf Frostee
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) 695-7244 or Email: scotjh@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.

Entry form

Please enter me in the Mt. Toby Trail Run, August 27, 2006. Mail to Mt. Toby Trail Run, Scott Hunter, 63 Sugarloaf Street, South Deerfield, MA, 01373. **Checks payable to SMAC.**

Name _____ Age _____ Sex _____

City _____ State _____

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 _____
(if under 18)