

Course Information

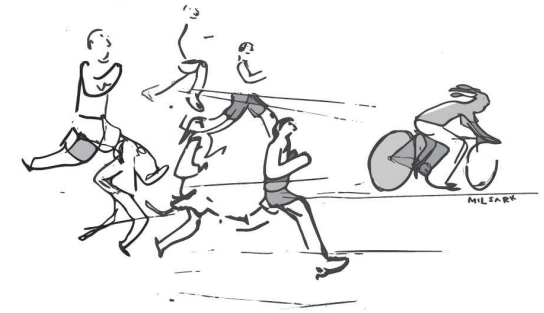
The Northampton Mile is run on a very fast course in the neighborhoods surrounding Northampton High School.

The wheel-measured course begins on the right side of Elm Street in front of the high school. Run along the right side of the road and make a right turn onto Forbes Avenue. You will pass the 1/4 mile mark on the way to Washington Place. Make another right and continue down Federal Street and the large downhill marking the course at the 1/2 mile point. Shortly after making a right turn onto Milton Street you will reach the 3/4 mile mark. The final turn is as you enter the Northampton High School Stadium and run about 150 meters on the track.



northamptonmile.tripod.com
Mail entry and check to:
Nate Kraft
4 Gregory Lane
Florence, MA 01062

· 3RD ANNUAL ·
NORTHAMPTON
· MILE ·
2010



5:30 PM Women's Mile

5:50 PM Men's Mile

6:10 PM 13 and Under Mile

**A Fundraiser for the Northampton
Cross Country and Track and Field
Programs**

northamptonmile.tripod.com

Welcome to the Northampton Mile

The third annual Northampton Mile will be held June 19, 2010. These races serve as the major fundraiser for the Northampton High School cross country and track and field teams.

The races begin at 5:30 pm in front of the high school and will finish in the Northampton High School Stadium. Registration is also located inside the stadium.

The Northampton Mile is run on a fast course with no real uphill and a large downhill 1/2 mile into the race. The mile course is wheel-measured and the race is USATF sanctioned.

One of the most historic race distances, the mile has always been the race that captures the imagination of runners. This is your opportunity to run the fastest mile of your life - and have a great experience while doing it! The Northampton Mile is family-friendly with prizes for all age groups and promises to be an exciting evening of running!

With over 200 athletes competing throughout the school year, the cross country and track and field programs are one of the largest in the high school. The Northampton Mile raises money to support the teams throughout the school year and helps us to attend meets and purchase equipment for the team.



Award Categories

Awards will be given to the male and female overall winners and the male and female master's winners. In addition, an award will be given to the top male and female finisher that is a Northampton High School alum (Class of 2009 and earlier). In addition, the top male and female faculty or staff member from Northampton High School will also receive an award.

Male and Female Age Group Awards: 10 and under, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60 and over.

Race Day Parking

Please park in the high school parking lot. We need to keep the race course clear of cars and will not allow parking in the stadium parking lot.

Entry Fee and T-Shirts

The entry fee for the Northampton Mile is \$10.00 if the entry is postmarked by June 10. On race day, the entry fee will be \$12.00. Race day registration begins at 4:30 pm on June 19.

New this year - online registration! Runners can register for the Northampton Mile at RunReg.com. Through their sponsorship of the Northampton Mile RunReg.com will waive all fees for online registration meaning you pay the same low cost of \$10 up until the close of online registration on June 17.

T-Shirts will be provided to all runners registered by June 10 either by mail or online and will be available as supplies last on race day.

Northampton Mile Registration Form

(Please Print clearly)

First Name _____ Last Name _____

Address _____

City, State, Zip Code _____

Email Address _____

Phone _____

Gender: Male Female NHS Grad: Yes No Year _____

NHS Faculty: Yes No Age on Race Day: _____

T-Shirt Size

All pre-registered runners will receive a t-shirt. Individuals registering on race day will receive a t-shirt while supplies last.

Youth: S M L

Adult: S M L XL XXL

Waiver

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. Having read this waiver and knowing these facts and in consideration of my entry acceptance, I waive and release the Northampton Cross Country and Track and Field program, race organizers, the City of Northampton, all sponsors, their representatives and successors, volunteers, officials, and the USATF from all claims and liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Parent/Guardian (if under 18) _____

The Northampton Mile is sanctioned by USA Track & Field.

\$10.00 until June 10. \$12.00 on race day.

MAKE CHECK PAYABLE TO: Northampton Track and Field

Mail entry and check to:
Nate Kraft
4 Gregory Lane
Florence, MA 01062

Phone: 413-727-8778
Email: northamptonmile@yahoo.com