

20th Annual 7 Sisters Trail Race

Sunday, May 2, 2010

For the Benefit of the Friends of the Mt. Holyoke Range
and Sugarloaf Mountain Running Club
9:00 AM
Amherst, Massachusetts

Twelve (12) very hilly, rocky miles

An out-and-back roller coaster ride along the ridgeline of the Mt. Holyoke Range on a single-track trail. Very scenic overlooks of the Pioneer Valley with views of the University of Massachusetts, Amherst College, Hampshire College and the Town of Amherst, as well as a beautiful view of the Connecticut River and Northampton to the west.

Extremely hilly with 3,700 feet of climb consisting of many steep hills with hazardous footing in places due to the many sharp basalt rocks the comprise the elevated ridge of Mt. Holyoke.

There are five aid stations along the route at approximately 2, 4, 6, 8, and 10 miles, so we strongly urge you to carry your own water supply since it can be quite warm on race day.

A "Trail Breakfast" consisting of fruit juices, bagels, cookies, yogurt, etc. will be provided immediately after the run and is free to all runners. Or it may be a pizza party. Who knows.

Wicking T-shirts will be available at \$15.00 each.

Directions: Interstate 91 exit 19 north and 20 south (left on Damon Road at the lights) to Route 9 east. Turn right at light after bridge (Route 47). Turn left on Bay Road (approximately 1.5 miles after light). Go three miles to Route 116. Go right up hill to Notch Visitor's Center, Mt. Holyoke State Park.

For more information email: scotjh@aol.com Phone: 413-695-7244

Website: www.7sisterstrailrace.com (results)

Name: _____ Age on race day: _____ Sex: _____

City: _____ State: _____ E-mail address: _____

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 Commonwealth of Massachusetts, the Friends of the Mt. Holyoke Range, Sugarloaf Mt. Athletic Club or officials of the Seven Sisters 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) _____

Entry fee: \$20 pre-entry by April 25, 2010; post-entry fee is \$25.

Make check payable to: Scott Hunter

Mail entry to: Scott Hunter, 63 Sugarloaf St., South Deerfield, MA 01373