



*Sheriff Fred Macdonald  
and the  
Franklin County Sheriff's Office  
present*

**3rd Annual**

# "Jail Break 5K"

Road Race/Walk & Kids Fun Run

to benefit the **Greenfield Recreation Department**

**SUNDAY, OCTOBER 11, 2009**

**RACE START TIME:**

Walkers and Runners 10:00 A.M., registration opens at 8:00 A.M. Kids Fun Run at 9:30 A.M., registration is the day of the race.

**COURSE INFORMATION:**

This is a 5K (3.1 miles) loop course, starting and ending at the Franklin County Sheriff's Office, located at 160 Elm Street in Greenfield, MA. The first mile of the course is slightly down hill to the beginning of the bicycle path. The next mile follows the bicycle path, along the river and behind the jail. The end of the path marks the second mile marker, where you face a hill, and then a flat run back to the jail to the finish line.

Can you catch the "crooks"? Before the start of the race, there will be three "crooks" who will get a head start. Pass all three, and cross the finish line before them, and you will receive a special award.

USATF sanctioned event timing provided by ACCU-SPEC.

Kid's fun run is a 1/2 mile course and is free.

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<p>E-MAIL ADDRESS _____</p>			<p>Race Application Fee: \$20.00</p>															
<p><b>Event:</b> (check one) <input type="checkbox"/> 5K Walk <input type="checkbox"/> 5K Run</p>																		



Registration Fee \$20.00 (sorry, no refunds). Send check or money order to:

*Franklin County Deputy Sheriffs' Association  
ATTN: Jail Break 5k  
P.O. Box 386  
Greenfield, MA 01302*

Make check or money order payable to: **Franklin County Deputy Sheriffs' Association**. T-shirts available to first 100 applicants paid and postmarked by September 25, 2009.

**DRIVING DIRECTIONS:**

***From the north or south:***

On Interstate 91, take exit 26. From the north, at the end of the exit ramp, merge into the rotary. Take the third exit off the rotary onto Route 2A East. Coming from the south, take the first exit off the rotary onto Route 2A East. Pass through two sets of traffic lights, and take next left onto Solon Street. Continue straight on Solon Street which turns into Elm Street. The Franklin County Jail and House of Correction is 1/2 mile on left.

***From the east:***

From Route 2 Westbound, take Routes 5 & 10 – Greenfield exit. At end of exit ramp, take left onto Routes 5 & 10 (Federal Street). At first set of lights, take right onto Silver Street. Follow Silver Street to end. Take left at end of Silver Street (Leyden Road). 1/10 of a mile take a right at fork onto Elm Street. The Franklin County Jail and House of Correction is 1/2 mile on right.

***From the west:***

Follow Route 2 and enter rotary at Route 91 Interchange. Take second exit off the rotary onto Route 2A East. Pass through two sets of traffic lights, and take next left onto Solon Street. Continue straight on Solon Street which turns into Elm Street. The Franklin County Jail and House of Correction is 1/2 mile on left.

For more information, call the Franklin County Sheriff's Office at (413) 774-4014:

Weekdays before 5:00 P.M., Doni Beauregard (ext: 2161)

Weekdays after 5:00 P.M. Assistant Superintendent Kevin Brown or Officer Jason Collins

or visit us at: <http://www.fcso-ma.us>

**WAIVER INFORMATION**

In consideration of this entry being accepted, I do hereby hold harmless and release the Commonwealth of Massachusetts, the Franklin County Sheriff's Office, and sponsors and officials of the Franklin County Sheriff's Jail Break 5K Race/Walk from any and all claims for personal injury or damages arising out of or result from my participation in this event.

\_\_\_\_\_  
Signature

\_\_\_\_\_, 2009  
Date

\_\_\_\_\_  
Parents Signature if under 18(required)

\_\_\_\_\_, 2009  
Date