

22<sup>nd</sup> Annual  
**Mt. Toby Trail Run**  
14 miles  
Sunday, August 23, 2009  
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. Restrooms will be available at the town park.

**Entry fee:** \$15.00 pre-registration (postmarked by August 15th). \$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](mailto:scotjh@aol.com)

**T-shirts:** There will be Mt. Toby wicking tee-shirts available to purchase.

**Prizes:** \$100.00 – 1<sup>st</sup> 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.

**Entry form on Reverse Side.**

# Sponsors

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South Deerfield Veterinary Clinic  
Sugar Loaf Frostee  
Sunderland Corner Store  
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](mailto:scotjh@aol.com)

**Website:** Check out Sugarloaf Mt. Athletic Club's website: [www.sugarloafmac.com](http://www.sugarloafmac.com)  
Results will be posted on [www.sugarloafmac.com](http://www.sugarloafmac.com) and [www.runwmac.com](http://www.runwmac.com) Sunday night and coolrunning asap.

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Please enter me in the Mt. Toby Trail Run, August 23, 2009. 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)