



The Ad Hoc Committee Presents:  
**Seth's Fat Ass 50 (50K)**  
*No Prizes, No Wimps!*



**Basics**

**When:** Saturday December 8, 2018

**Race Start:** 8:30am

**Time Limit:** 7 Hour Cutoff (must finish by 3:30pm)

**Location:** Forest Park – Springfield, MA

Start area is near Skate House located on Porter Lake Dam Drive within the Park

**Parking:** See additional information below, main gate on Sumner Avenue opens @ 7:30AM

**Race Day Registration:** Begins at 7:45am, Cash & Credit only

**Cost:** \$35.00

**Bib Pickup:** Pre-registered runners can pick-up their bib #'s at the starting location beginning at 7:45am.

## Parking

- 1) Limited Parking is available in the ECOS Lot (aka Skate House lot) within Forest Park (marked LOT 1 on map below). *Please use main entrance to Forest Park on Sumner Avenue to gain access.*
- 2) Plenty of parking is found in Lot #2 near baseball fields, note this is about 1/3 of a mile to start location (marked LOT 2 on map below). *Please use main entrance to Forest Park on Sumner Avenue to gain access.*
- 3) Parking can be done on **ONE** side of Porter Lake Dam Road (going uphill toward Pecousic Dr / N. Greeting Rd. (not marked on map below). *Please use main entrance to Forest Park on Sumner Avenue to gain access.*
- 4) 245 Park Drive Longmeadow, MA. **Note this parking is NOT located within Forest Park.** It is a ¼ mile walk to start (at the Skate House, which is down Porter Lake Dam Road. (not marked on map below).

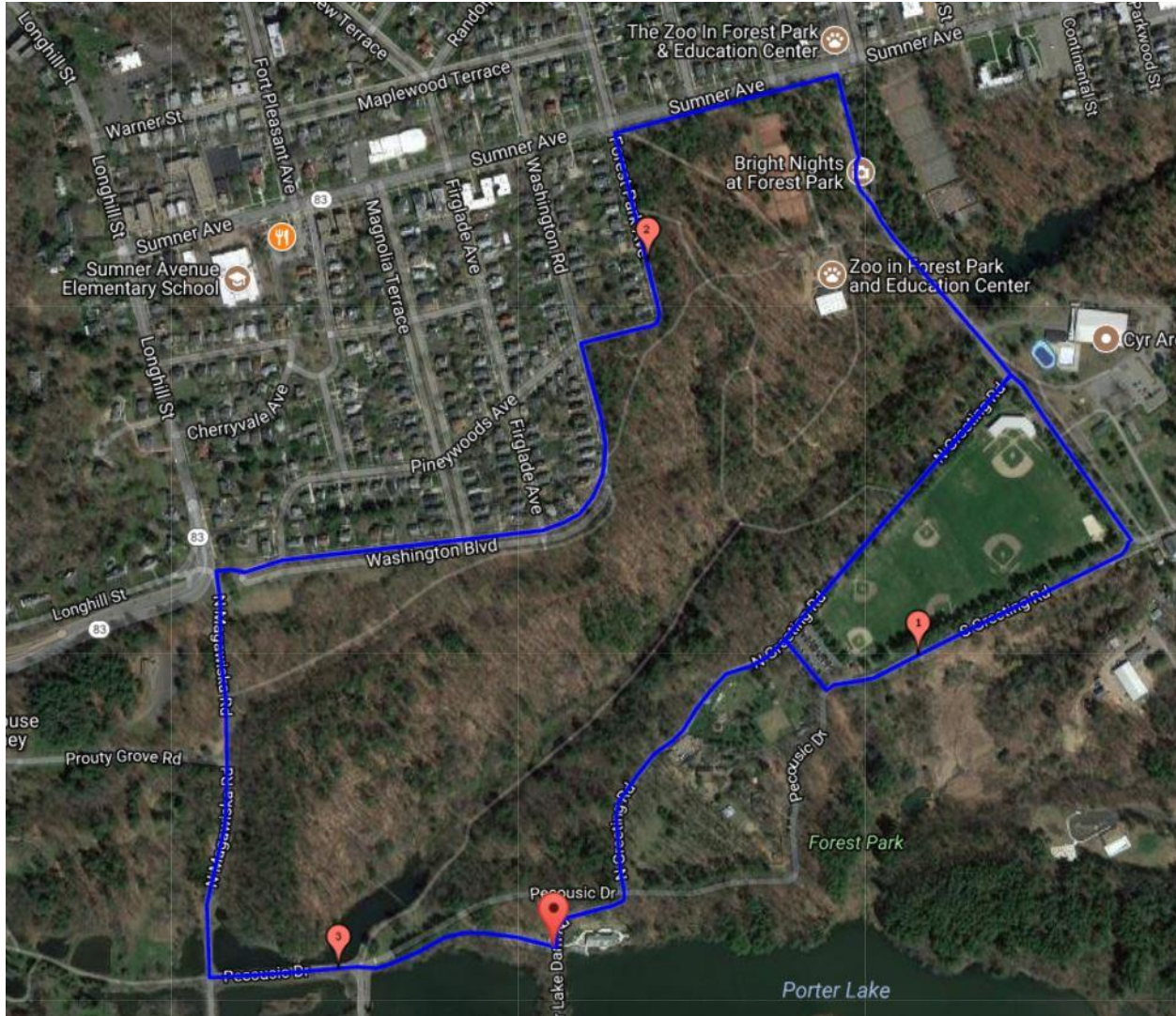
Please note if you do park within Forest Park you will be required to pay a small parking fee (\$3.00 with MA license plate, \$5.00 out of state plate). Parking attendant is accessed via main entrance on Sumner Avenue.



## Course Map

The course consists of ten (10) loops of the Harrier's Snow Storm Classic 5K route which is found below.

It will be marked with flour arrows on the road, but please ensure you are familiar with the course. It is your responsibility to ensure you complete a full lap each and every time. *Anyone found cutting the course will be disqualified.*



Each time you finish a lap you **MUST** yell out your BIB # to our timing officials so that they can record your time for that lap. If you decide that you are done running that is ok, but **PLEASE** inform an official at the start/finish area so that we can track you properly.

The Snow Storm Classic 5K race begins at 9am that morning & we will be sharing the road with them, please share the road & do not get thrown off by those runners.

### Liability Waiver

Each participant **MUST** complete a USATF waiver prior to beginning the race.

I have attached the waiver to this email, please print & bring this with you to the starting line. If you forget we'll have extra forms available. All appropriate fields need to be filled in & the form must be **signed**. You will not be able to collect your bib/t-shirt (if applicable) unless a completed form is turned in.

### Aid Station(s)

There is **one** aid station at the finish/starting area. The race will provide **minimal** aid station supplies, if you require something specific please plan to bring it. The station will provide water & electrolyte drinks as well as some minimal snacks such as potato chips, gummy bears, pretzels, & fig bars.

Many past participants have utilized their cars (depending upon location) as aid station/drop areas for their specific nutritional needs and clothing needs. If you do park in Lot 1, Lot 2 or going up the hill you will pass your vehicle each loop.

### T-Shirts

Race t-shirts will be given to participants who registered online prior to November 24, 2018. There may be a limited # of extra t-shirts (in limited sizes) available on a first come, first serve basis for on race day.



### EVENT SPONSORS

- Anytime Fitness Agawam •
- Scantic River Brewery •

### RACE COMMITTEE / VOLUNTEERS

Thank you to our race committee for organizing this event, to all volunteers, the Springfield Harriers, the Cyclonaut Multisport Club & of course the founders of this great event (Frank, Brian & Seth).