



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



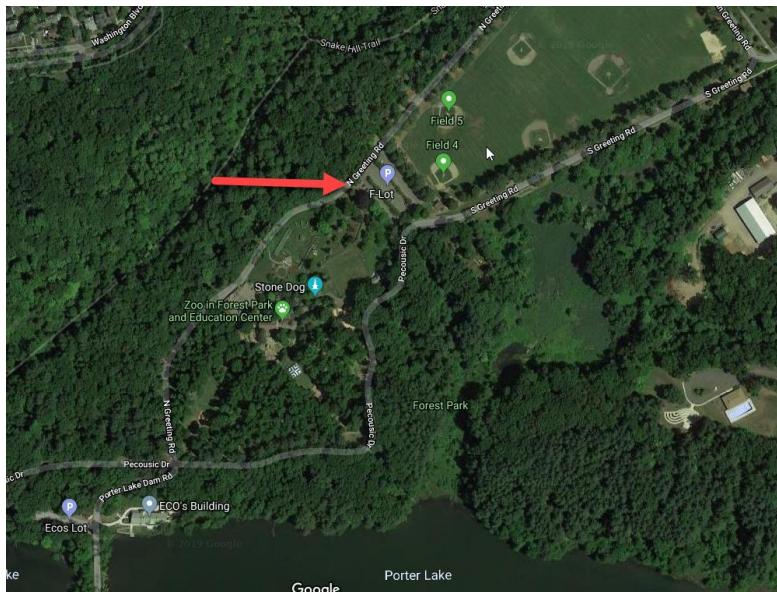
When: Saturday December 16, 2023

Race Start: 8:30am

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

Location: Forest Park – Springfield, MA

The start/finish area is located in the parking lot past the baseball fields: <https://goo.gl/maps/ZcrUvcpVn8a7CZca6>



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

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

Cost: \$45.00

Bib Pickup: Pre-registered runners can pick-up their bib #'s at the starting location beginning at 7:45am. Please bring printed & signed USTAF waivers

Parking

Items 1 & 2 below are most accessible from the main entrance to Forest Park on Sumner Avenue.

- 1) Plenty of parking is available in the lot near the baseball fields (<https://goo.gl/maps/ZcrUvcpVn8a7CZca6>)
- 2) There is plenty of parking also located on North Greeting Road
- 3) 245 Park Drive Longmeadow, MA. **Note this parking is NOT located within Forest Park &** it is a 1/2+ mile walk to start. Locals typically like this entrance as they can run to the start for some extra miles before the race ☺

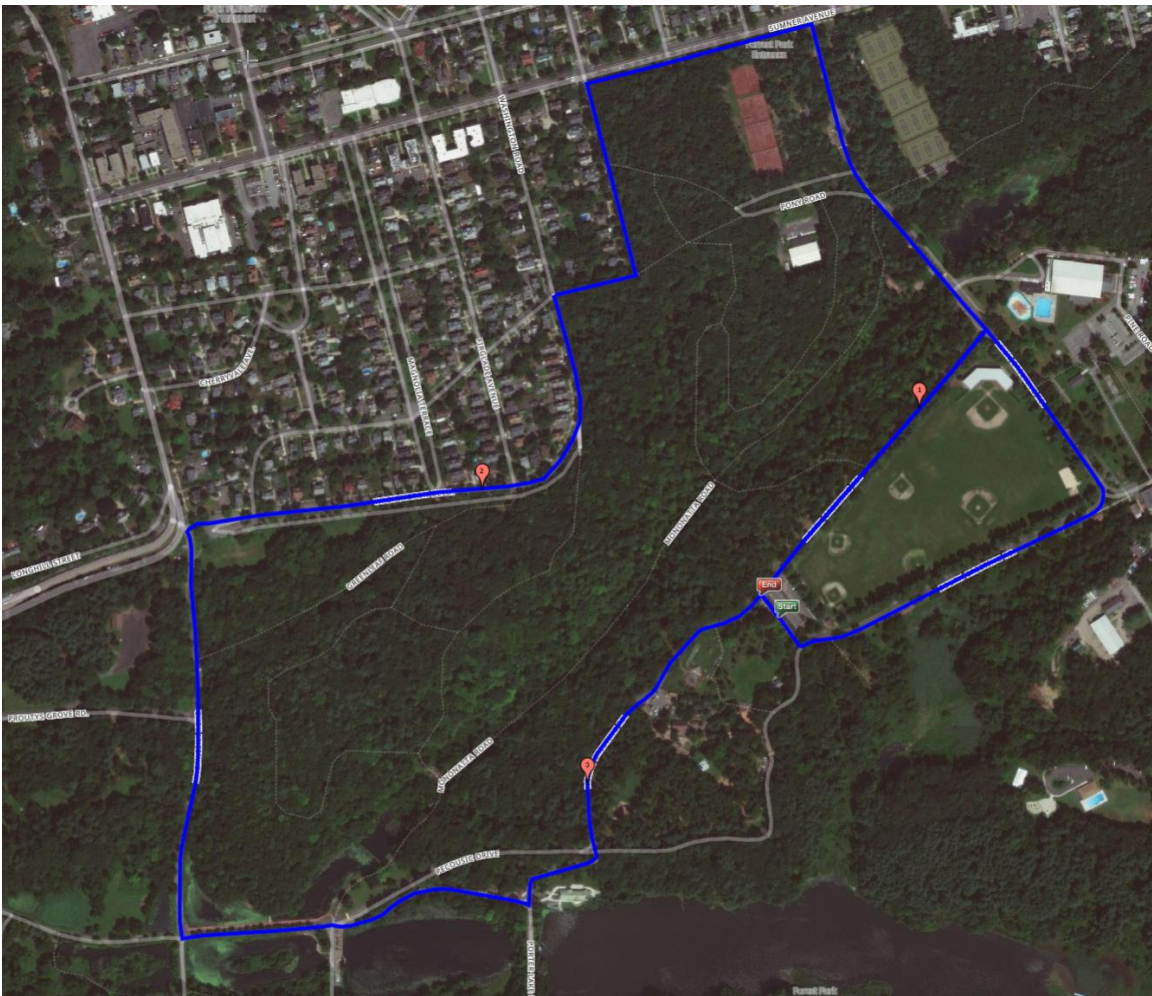
Please note parking within Forest Park requires you to pay a small parking fee. Parking attendant is accessed via main entrance on Sumner Avenue.

Course Map

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

Here is an online link as well: <https://bit.ly/38CMJG6>

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 course with them (although they start in a different location) 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.

The waiver can be found [here](#): 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 & some minimal snacks such as potato chips, gummy bears, pretzels, & cookies. Many past participants have utilized their cars as aid station/drop areas for their specific nutritional needs and clothing needs.

T-Shirts

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



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).