

46TH ANNUAL

DALTON CRA  
**MAY DAY  
RACES**  
10K • 5K • KIDS' RACES

Major Sponsor



**May 7, 2023**

Nessacus Middle School  
35 Fox Road • Dalton, MA 01226

**10K Road Race • 9:00 am start**  
**5K Road/Trail Race • 9:00 am start**  
*and*  
**20TH ANNUAL KIDS' RACES**  
**Obstacles & Popsicles • 10:00 am start**  
**Splatter Sprint • Following O & P**

Electronic Chip Timing by Berkshire Running Center



400 Main Street • Dalton, MA 01226  
413-684-0260 • [daltoncra.org](http://daltoncra.org)



**2023 DALTON CRA MAY DAY RACES — REGISTRATION & ENTRY FORM**

Form **MUST** be filled out legibly and completely to be accepted. Only one name per form.  
All fees are non-refundable. Proceeds benefit the CRA Youth Programs.

**To Register: (Pre-Registration Encouraged)**

- Register online at [berkshirerunningcenter.com](http://berkshirerunningcenter.com).
- Use entry form provided.

Pre-registration closes May 3. Day of registration opens at 7:30 am and closes 30 minutes prior to start time. Cash, check, and credit cards accepted.

**Commemorative Long-sleeve Wicking Shirts**

Guaranteed to the first 100 registered 5K and 10K runners (combined). Size not guaranteed.

**Obstacles & Popsicles Kids' Race T-shirts!**

Shirts available pre-sale by ordering on the Registration form (enclose an additional fee of \$7 per shirt) or can be purchased on race day for \$8 while quantities last.

**Entry Fees:**

Pre-registration entry must be received by May 3

**10K Race**

\$30 pre-registration  
\$35 day of race

**5K Race**

\$25 pre-registration  
\$30 day of race

**Obstacles & Popsicles 1/2-mile Kids' Race**

\$8 per child  
\$12 day of race

1/2-mile course for ages 8 and under. Kids' T-Shirts are available for an additional fee. (See right for ordering information)

**Splatter Sprint 1-mile Kids' Race**

Sunglasses and white t-shirt included

Size not guaranteed.

\$10 per child  
\$15 day of race

1-mile course for ages 8 & up.

Race Packet pick up available Saturday May 6: 8:00 am to 1:00 pm at Dalton CRA (400 Main St., Dalton). Day of Packet pick up: 7:30 am at Nessacus Middle School (35 Fox Road located off Route 8 in Dalton).

*In consideration of submitting this entry I hereby, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the Race Directors, the Dalton Community Recreation Association, the Town of Dalton, Central Berkshire Regional School District, all sponsors and volunteers helping at this race. I understand the risks of running in a road race and I further attest that I am physically fit and have sufficiently trained for this event. I also understand that the race may be cancelled if unsafe conditions exist at race time and that no refunds will be made. I have read the above waiver and certify my agreement by my signature below. In addition, I grant to the Dalton CRA, the right to take photographs of myself and/or my child(ren) in connection with "Dalton CRA May Day Races." I authorize the Dalton CRA, its assigns and transferees to copyright, use and publish the same in print and/or electronically. I agree that the Dalton CRA may use such photographs of myself and/or my child(ren) with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.*

Register online at [berkshirerunningcenter.com](http://berkshirerunningcenter.com)

Online registration must be completed by May 3, 2023

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State / ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Please Check One Event**

\_\_\_\_\_ 10K

\_\_\_\_\_ 5K

\_\_\_\_\_ Obstacles & Popsicles

\_\_\_\_\_ Splatter Sprint

Female \_\_\_\_\_ Male \_\_\_\_\_

Age (day of race) \_\_\_\_\_

**May Day T-shirt size (adult sizes, size not guaranteed)**

Free to first 100 Pre-registered 5K and 10K Racers (combined)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Splatter Sprint sunglasses and shirts included**

(youth sizes only, size not guaranteed)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**Obstacles & Popsicles shirts (youth sizes only)**

**\$7 (pre-ordered) and \$8 (day of race)**

To order please list quantity next to size and submit additional payment with entry fee. Size not guaranteed.

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Make checks payable to: **Dalton CRA**

Mail entries and payment to:

Dalton CRA, 400 Main Street, Dalton, MA 01226

**Total enclosed \$** \_\_\_\_\_

Signature (parent/guardian must sign if under 18)

Date