

A Berkshire Tradition of Healthy Family Fun for 31 Years

The BMC Independence Day Run is held annually immediately prior to one of the country's largest Fourth of July parades. Approximately **100,000 people line the Pittsfield parade route**, where most of the race is run. The starting line is one-half mile north of the Park. The race will begin promptly at 9:30 a.m. All runners must reach the turnaround by 9:55 a.m. and all must be able to complete the entire run in less than 50 minutes. The race will end at 10:20 a.m. and any runner who has not finished by that time will not receive an official time. This is necessary due to our time constraints. If you have NOT reached the turnaround by 9:55 a.m. you will be asked to drop out of the race because the parade must start at 10:00 a.m. **Please Cooperate.** All runners should arrive at Wahconah Park between 8:00 - 8:30 a.m. to receive instructions and proceed to the starting line for 9:00 a.m. **The use of headphones while competing is discouraged.**

T-Shirts

The first 900 entrants will receive t-shirts.
No guarantee of size.

Trophies

Trophies will be awarded to the top 5 finishers overall and first 5 finishers in each age division. No duplicate awards will be given. Trophies will not be issued after the awards ceremony, which will be held at 10:30 a.m. in baseball stadium.

Post Race Stretching

BMC's Center for Rehab will be on site with post race therapeutic stretching. Stop by to learn more about the regions most comprehensive rehab program.

The Pittsfield Suns Baseball Team will be opening their concession stand at the finish area. Many of you expressed a desire for them to open last year and the team agreed to do so. Please support the Suns for their cooperation in our use of their facilities and by attending their games.

Course Records

David Rucci (14:40) - 2008
Allison Krol (16:50) - 2010

2015 Top Results

Top Male	Top Female
Tucker McNinch - 16:00	Janet Barry - 18:29

For 2015 results by category please visit
www.plattsys.com.

New for 2016

Online registration is now available.
Please visit:

[https://runsignup.com/Race/MA/Pittsfield/
IndependenceDayRun](https://runsignup.com/Race/MA/Pittsfield/IndependenceDayRun)

We strongly encourage all runners to
register online.

Water donated by
RAINBOW DISTRIBUTORS
of Lanesboro, MA

Berkshire Medical Center 31st Annual



Independence Day Run 2016

5 Km. (3.1 miles)

On the Parade Route before
Pittsfield's 4th of July Parade

Monday, July 4, 2016

Be at Wahconah Park
by 8:30 a.m.
for a 9:30 a.m. race start

Sanctioned by



Registration Information:

(Please print legibly or entries will not be accepted. Detach and return)

Last Name _____

First _____

Address _____

City _____ State _____ Zip _____

Phone _____

Sex: Male Female

Age Category Entering (Circle one)

10 & Under 40 - 49 90 and above

11 - 15 50 - 59 Wheelchair

16 - 19 60 - 69

20 - 29 70 - 79

30 - 39 80 - 89

Stroller entries: for adult pushing them only.

Registration Fee:

Online Registration \$12.50 plus

\$2.50 Registration fee \$15

Registration by mail or in person \$20

Total Enclosed: \$_____

Make Check Payable to BMC

Parent Must Sign if Entrant is Under 18.

I release all of the sponsors and organizers of this race from all liability should I suffer any harm from participation in this race. I am physically fit and have prepared for this race and understand the risks involved. I also understand that the race may be cancelled if unsafe conditions exist at race time and that no refunds will be made.

Signature _____ Date _____

Schedule

May 15

Online Registration begins

<https://runsignup.com/Race/MA/Pittsfield/IndependenceDayRun>

July 1

Last day to register at BMC Front Desk

No registration at BMC on July 2 or 3.

Online registration will be available until 12 noon on July 3.

July 3

5:00 p.m. - 8:00 p.m. -

Race Packet Pick Up

(including timing chip)

Reid Middle School (main entrance)

950 North Street, Pittsfield, MA

You may register from 5 to 8 p.m.

No Race Day Registration

July 4

8:00 a.m. - 8:30 a.m. -

Race Packet Pick Up

Wahconah Park

Race Start is at 9:30 a.m., one-half mile from Wahconah Park.

Before June 22

Online registrations are preferred. Entries may be dropped off at the Information Desk at Berkshire Medical Center or mailed to:

Karen Kellar

Human Resource Department

Berkshire Medical Center

725 North Street, Pittsfield, MA 01201

Mail entries must be postmarked by Wednesday, June 22, 2016 to be accepted.

After June 22

Entries may be dropped off at the BMC Information Desk (main hospital entrance) from 9:00 a.m. - 5:00 p.m. until Friday, July 1, 2016. Online registration will remain open until 12 noon on July 3.

Race Pick-Up

Race packets may be picked up on Sunday, July 3, from 5 - 8 p.m. at Reid Middle School (main entrance), 950 North Street, Pittsfield, MA or a limited opportunity on Monday, July 4 from 8 - 8:30 a.m. at Wahconah Park. We strongly urge you to pick them up on July 3rd.

Race Results

Results will be posted at the awards area as soon as they are available and on the following web site: www.plattsys.com by 9 p.m. on July 4, 2016.

If you have any questions call (413) 447-2786 between 9:00 a.m. - 3:30 p.m.

