

The Canton Fall Classic 10K is a scenic and challenging country course. The race has been hailed as one of the South Shore's finest races, tough but beautiful. The 5K offers a competitive alternative for those interested in a shorter and faster race. Both courses are accurate, wheel measured with split times and ample water stations.

### Parking

**Parking is available for the first 200 cars in the Draper Mfg lot on Washington St.**

Please note: Parking on Chapman St. is limited to the odd numbered side only. There will be no parking allowed on the fun run course (Draper and Sumner St.) Overflow at the John F. Kennedy School on Dedham St. or Canton High School on Washington St.

### T-Shirts

Canton Fall Classic dri-tech long sleeve shirts guaranteed to all pre-registrations.

**Register Early!**

### 5K Course Records

Men 15:22 Josh Ferenc (2006)  
 Women 16:41 Carol Zajac (1995)

**Special \$50 Cash Prize for New 5K Men's and Women's Course Record**

### 10K Course Records

Men 29:49 Amos Sang (2016)  
 Women 35:08 Julie Spolidoro (2008)

**Special \$100 Cash Prize for New 10K Men's and Women's Course Record**

### Defending Champions

**>>10K<<**  
 Men: Eric Greenspan 34:53  
 Women: Christine Howe 41:54  
**>>5K<<**  
 Men: Thomas Stirrat 17:33  
 Women: Lauren Tarvin 20:36

### Awards

Over \$2400 in cash and merchandise prizes to top finishers (5k and 10k) in the following divisions:

- Under 18
- Open (18-29)
- Submaster (30-39)
- Master (40-49)
- Senior (50-59)
- Veteran (60-69)
- Super Vet (70+)

### Course Record Bonuses:

- \$100 for new men's 10k course record (sub 29:49)
- \$100 for new women's 10k course record (sub 35:08)
- \$50 for new men's 5k course record (sub 15:22)
- \$50 for new women's 5k course record (sub 16:41)

Timing and Online Post Race Results by:

### Racewire

[www.racewire.com](http://www.racewire.com)

While we welcome all abilities, in consideration of all runners, we cannot guarantee course support for those finishing beyond 1:15 in the 10K.

### Online Registration Available

[www.racewire.com](http://www.racewire.com)

**Portion of the Proceeds go to the Canton Food Pantry**

### Information

For more information contact:  
 hblonder@gmail.com  
 (617) 759-6438

### Race Directors

Harvey Blonder & Karen Reiser

### Race Committee

Andrew Baizen, Sari Epstein & Sam Evans

## APPLICATION

Waiver, Release, and Acknowledgement: In Consideration of accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against B'nai Tikvah, its employees, agents, officers, directors, sponsors and volunteers, their representatives, successors and assigns for all injuries suffered by me in said event. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event.

Print Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age on Race Day \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Signature \_\_\_\_\_

Parent/Guardian (if under 18)

### Check Race Division

Under 18 \_\_\_\_\_  
 Open (18-29) \_\_\_\_\_  
 Submaster (30-39) \_\_\_\_\_  
 Master (40-49) \_\_\_\_\_  
 Senior (50-59) \_\_\_\_\_  
 Veteran (60-69) \_\_\_\_\_  
 Super Vet (70+) \_\_\_\_\_

### Check Event Registration Fee(s)

10K Run: \_\_\_\_\_ \$30  
 5K Run: \_\_\_\_\_ \$30  
 Fun Run: \_\_\_\_\_ \$15  
 Senior Walk: \_\_\_\_\_ \$15

### Check T-Shirt Size

Adults/Seniors: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL  
 Kids: \_\_\_ S \_\_\_ M \_\_\_ L

**Check Payable to: B'nai Tikvah**

**Mail Application to: Harvey Blonder, 5 Hillside Street, Canton, MA 02021**

Non-Profit Org.  
U.S. Postage  
PAID  
Canton, MA  
Permit No. 25



**10K Road Race**  
**5K Road Race**  
**Fun Run**  
**Senior Walk**

Registration closes at 9:45 AM  
Senior Walk start time 9:00 AM  
1 Mile Fun Run 9:45 AM

**Sunday**  
**October 24, 2021**  
**10:00 AM**  
[www.cantonfallclassic.org](http://www.cantonfallclassic.org)

**Canton Fall Classic**  
B'nai Tikvah  
1301 Washington St.  
Canton, MA 02021

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