



MANCHAUG POND FOUNDATION

P. O. Box 154
Manchaug, Massachusetts 01526

www.ManchaugPond.org

FOR IMMEDIATE RELEASE
September 23, 2019

For more information contact:

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FALL ROAD RACE AND HEALTH WALK TO BENEFIT MANCHAUG POND

Sutton/Douglas, MA: Get your sneakers on for a special road race and health walk event during peak fall foliage season to benefit the 380 acre public lake, Manchaug Pond! All runners, walkers, and strollers are invited to participate in Manchaug Pond's The Dam Race 5K Run and 3K Health Walk on Saturday, October 19th at 9:30 a.m.

Registration begins at 8:30 a.m. at the start/finish line with race beginning at 9:30 a.m. for both the 5K run and 3K walk. This year's starting line is just over the Manchaug Pond dam at 19 Holt Road in Sutton. Participants will take a scenic trek along the shoreline of the lake, over the famous Manchaug Pond Dam, and through the countryside during fall foliage season. There is a turn-around location mid-race at Lackey Road for runners and in front of the YMCA Camp Blanchard facility for walkers with a water station and restroom facilities nearby. Manchaug Pond Foundation volunteer road marshals along the course will assist with traffic to ensure safety, and to cheer you on!

Entry fee is \$15 with all preregistering before September 27th guaranteed a race tee shirt. The finish line and awards will be held at 19 Holt Road with ample parking for contestants and spectators. Medals will be awarded to runners in 1st, 2nd, and 3rd in both Men's and Women's categories. Post race refreshments will be provided free to participants. Additional information on the race, runner registration, and sponsorship opportunities for businesses, individuals and families is available online at manchaug-pond.org. All sponsorships received by October 1 will have their company or family name printed on the runner tee shirt.

Manchaug Pond is a beautiful 380 acre public natural resource located in Sutton and Douglas. All event proceeds and donations benefit the lake through the work of the Manchaug Pond Foundation, a 501(c)(3) non-profit dedicated to the preservation and enhancement of this great pond of the Commonwealth through initiatives and programs addressing water quality, safe boating, water level/dam, aquatic plants, watershed protec-

tion and conservation, and more. Donations are fully tax-deductible and can be given online or sent to Manchaug Pond Foundation, P. O. Box 154, Manchaug, MA 01526.

Run, Walk, Cheer'em On!

Photo credits:

Aerial Photo of Manchaug Pond by Russell Spain

2018 Runner's Start by Linda Nelson

2018 Walkers, Paul and Patti Eklund of Sutton by Linda Nelson



Manchaug Pond's

5K Run & 3K Health Walk

Saturday, October 19, 2019







*Manchaug Pond Foundation Inc. is a 501(c)(3) nonprofit public charity.
Your contribution is tax-deductible to the extent allowed by law.
Federal Tax ID # 32-0303891*