



# MANCHAUG POND FOUNDATION

P. O. Box 154  
Manchaug, Massachusetts 01526

[www.ManchaugPond.org](http://www.ManchaugPond.org)

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FOR IMMEDIATE RELEASE: September 13, 2021

For more information contact:

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## FALL ROAD RACE AND HEALTH WALK TO BENEFIT MANCHAUG POND

**SUTTON/DOUGLAS, MA, SEPTEMBER 13, 2021:** Get your sneakers and get outside for Manchaug Pond! The Manchaug Pond Foundation is holding the annual 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 16th at 9:30 a.m. Get outside for beautiful lakeshore views, crisp fresh air, and a worthwhile cause!

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 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 and donation opportunities for businesses, individuals and families is available online at [www.manchaugpond.org](http://www.manchaugpond.org) or sent to Manchaug Pond Foundation, P. O. Box 154, Manchaug, MA 01526. All sponsorships received by October 1 will have their company or family name printed on the race day 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) all volunteer 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 conservation, and more. New educational information for hobby farmers will be offered advising best management practices in the garden, pasture and around the barn and chicken coup to protect our water resources as well as residential Low Impact Development (LID) techniques such as landscaping with buffer zones and rain gardens to limit runoff of fertilizer nutrients and pet waste made possible through a Phase 3 EPA/MassDEP s.319 Non-point Pollution Grant. As all live in a watershed, additional resources for educators, students, lake visitors, residents and hobby farmers are also made available at the Foundation's website [www.manchaugpond.org](http://www.manchaugpond.org) or at the MassDEP's new *Massachusetts Clean Water Toolkit* at <http://prj.geosyntec.com/npsmanual/default.aspx>.

**Run, Walk, Cheer'em On!**

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**Manchaug Pond's**

**5K Run & 3K Health Walk**

Saturday, October 16, 2021

**Photos:**

**Aerial Photo of Manchaug Pond by Russell Spain**

**2018 Runner's Start with Austin and Micah Hibbard and Eric Shrayer of Douglas**

**2018 Walkers Paul and Patti Eklund of Sutton**



