

Run a Pleasant Mile/5k

To benefit the
Tewksbury Memorial High School Boys' & Girls' Track & Cross Country Programs



Sunday April 26th at TMHS

Times:

Registration begins at 8:00am
Kid's 1 mile race begins at 9:30 am
5k begins at 10:00am

Location:

Tewksbury Memorial High School
320 Pleasant St. Tewksbury, MA 01876

Fees:

Kid's: (under age 12) 1 mile race: \$5.00

Kids run with TMHS track members on a closed course that runs through the high school campus
They are **NEVER** left alone and **CAN BE SEEN THE WHOLE TIME!**

5k: \$15 pre register, \$20 race day

\$10 with Boston Marathon Bib # (need proof @ sign up)

\$10 for students through grade 12

Prizes:

Prizes for top Male & Female
Prizes for top 3 Age Group Winners

T-Shirts:

T-Shirts guaranteed for those who sign up by 4/15/09

For more info please contact Peter Molloy @ pmolcoach@yahoo.com or 978-996-0173
To see course please go to: <http://www.usatf.org/routes/view.asp?rID=5423#reviews>

Circle one: Kids fun run 5k

Race # _____

Last Name: _____ First Name: _____

Address: _____ City: _____

State: _____ Zip: _____ Email: _____

Sex: _____ Age: _____ Shirt Size: S M L XL **Mail entry form with fee to: Peter Molloy**

Checks payable to: **TEWKSBURY TRACK**

**320 Pleasant St.
Tewksbury, MA 01876**

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including but not limited to: falls, contact with other participants, the effects of weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tewksbury Public Schools, the Town of Tewksbury, the organizers and sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation of this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this even for legitimate purpose. I agree that all fees are non refundable.

Signature: _____