



ROAD RACE

Sponsored By **COVANTA** 

5th Annual 5K Walk/ Run

Saturday, August 14, 2010
9 a.m. Sharp

Benefits **The Food Pantry – Damien’s Place.**
Please bring a canned good or shelf-stable item (pasta, dry mixes, syrup, or other staples) for the food collection basket!

Entry Fee: Runners: \$15.00 if received by Wednesday August 11th / \$20.00 after August 11th
Walkers: \$ 5.00 if received by Wednesday August 11th/ \$8.00 after August 11th
Entry Fee is Non-Refundable

Registration: Mail the bottom half of this form to: Rochester Road Race, Inc.
16 Deerfield Terrace, Rochester, MA 02770. Make checks payable to: **Rochester Road Race.**

Number Pick Up: Friday August 13th from 5 pm to 7 pm - Dexter Lane athletic fields in Rochester
Saturday August 14th from 8 am to 8:45 am – Dexter Lane athletic fields in Rochester

Course: Relatively flat 3.1 mile course, starting at Dexter Lane athletic fields (29 Dexter Lane) and ending on the Church Green at Rt. 105 and New Bedford Road. One water station at 1.5 miles.

Additional Information: e-mail rochesterroadrace@comcast.net

T-Shirts and Raffle: T-shirts to the first 500 registered runners. Additional T-shirts may be available day of race. Raffle and refreshments are available to all entered runners and walkers.

Awards: (runners only) Top overall male and female, and top 3 males and females in each of 8 divisions:

Youth:	12 and Under	Sub master	30 to 39	Senior	50 to 59
High School	13 to 18	Master	40 to 49	Veteran	60 to 69
Open	19-29			Super Vets	70+

First Name: _____ Last Name: _____ Age: _____

Street Address: _____ Town: _____

State: _____ Zip: _____ Male/ Female: _____ Phone: (____) _____

Circle One: Runner (\$15.00 if received by August 11th) Runners only circle T-shirt size: S/ M / L / XL
Walker (\$5.00 if received by August 11th)

e-mail: _____

WAIVER (Please read and sign): In consideration of accepting my entry, I, the undersigned, intending to be legally bound hereby, waive and release any and all rights and claims for losses, damages that I may have against the Town of Rochester, MA, Rochester Road Race, Inc. representatives, Sponsors, any officials, volunteers, medical and personnel for injuries that I may receive from participation in this race. The Director reserves the right to extend and reject any and all entries. I acknowledge that use of headphones, baby strollers, skateboards and rollerblades on the course is prohibited.

SIGNED: _____

(By Parent if under 18 years old)