



- ✓ Register online at: www.active.com
- ✓ 5k Run/Walk
- ✓ GREAT FAMILY EVENT!
- ✓ Post-Race food and festivities
- ✓ Kids Race after the 5k
- ✓ Lots of Awards and Prizes!

Time: 10 am, September 3, 2007

Location: The Marshfield Hills General Store, Old Main Street, Marshfield Hills, MA

Distance: 5k/3.1 miles (walkers welcome); Short children's races by age group

Entry Fee: Pre-registration - \$20 + free tee (\$50 max per family – must be pre registered)
 Race Day Registration - \$20 (tee = additional \$5)
 Ages <7 or >80 – FREE
 Free gift for first 100 to arrive on race day

Tee-Shirts: Free for pre-registered runners (may not have shirts for race day registrants)

Age Groups: 0-13, 14-19, 20-39, 40-49, 50-59, 60+, and walkers

Awards: Top three in each age group

Contact: Dave Will for more information – 781 985 9455 daverwill@yahoo.com

Sponsors: Other sponsors include: New Balance, Franklin Sports, On-The-Path Wellness, Quizno's, Dick's Sporting Goods, Black Rock, Marshfield Hills General Store, Hokanson Insurance, Roche Bros., Red Bull, Reebok.

Name: _____ **Age on Race Day:** _____ **Male / Female** Please circle:

Mailing Address: _____ **Email:** _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____ **Runner / Walker** Please circle:

	<u>Price</u>
Race Registration	\$20 (\$50 max per family – must pre-register)
Tee Shirt (please indicate sizes)	Free to pre-registered runners
Additional donation for MHCA	\$ _____
Total amount enclosed	\$ _____

In consideration of this application being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning therefrom.

Signature: _____ **Date:** _____
 (parent or guardian if under 18)

Please make donations and checks payable to M.H.C.A. **Please enclose registration fee and donations** and mail to:
 M.H.C.A., P. O. Box 264, Marshfield Hills, MA 02051 - **OR REGISTER ONLINE: www.active.com**