



Road Race & Walk
Sponsored By Milford Community Program

Saturday, September 11, 2010

Where: Begins at Tank Field, Congress St. and ends at the Milford High School Track
(Water stops provided on the race route.)

Registration: 8:00AM At the MHS Outdoor Track

Race Time: 9:00 AM

***Timing provided by the Tri-Valley Front Runners**

Awards: 10:10AM for Top Three Male and Female in each division and Overall Male and Female

(Under 19, 19-29, 30-39, 40-49, 50-59, 60-69, & 70 +)

Contact Information: Jennifer Walsh at 508-478-1119

Entry Information: Fun Run Entry Fee(Ages 10 and under) \$5.00

Pre-entry \$15.00 (Under 18 is \$12.00) - Over 70 is Free

Post-entry \$18.00 (Under 18 is \$15.00) - Over 70 is Free

Please mail registrations and fees to Jennifer Walsh, Milford Community Program,
31 West Fountain St., Milford, MA 01757.

Make check payable to "Milford Special Olympics".

*Fun Run for ages 10 and under, *T-shirts to all who pre-register by Friday, Sept. 3th.

*Refreshments for runners and helpers provided.

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6th Annual 5K Road Race/Walk

"To Benefit the Milford Special Olympics"

"I know that running in a road race/walk is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the race. I assume all risks associated with running in the race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and for anyone entitled to act in my behalf, waive and release the organizations holding the event, the Milford Community School Use Program, the Town of Milford, and Milford Special Olympics, and the organizers, supervisors, sponsors, participants, and persons transporting me from any claims and liabilities.

Signature (parent's if under 18) _____

Name _____ Male _____ Female _____ Age _____

Address _____ Town _____

State _____ Zip _____ Running Club(if applicable) _____ Fun Run _____

Walker _____ Runner _____ (please check one) Shirt Size(Circle One) S M L XL XXL

For Internal
Use Only

Bib # _____