

STREET N' BEACH

5Km RUN

Sunday 27 December 2009

HOLIDAY FUN RUN

10:00am

Race starts from the lower parking lot of Sandy Neck Beach, East Sandwich... call for directions.

Entry: \$15 per participant

(\$20 day of race entry)

Runners and Walkers

(If you participate with your spouse, you both run for one fee, \$20... Buy one get one free)... Half the funds raised go to Leukemia & Lymphoma Society

Categories: M/F 1-10 11-12 13-15 16-19 20-29

30-39 40-49 50-59 60-69 70+ WALKERS

Award prizes will go to first in category, everyone will receive a holiday "trinket" to complement the event.

Holiday themed snacks available for refreshment post run

Race course will take runners out on the road for 2.5 miles and a little more than half a mile will be on sand finishing on the road again. Nice course scenic as well.

Fill out the form below and return with a check made out to "5K Run". Mail to Kate Naples, Holiday 5K Run, 7 Andersen Ave, East Sandwich, MA 02537. Questions: 508-833-5073
e-mail inquiries: WKNaples5@COMCAST.net

Waiver. I understand that running is a stressful event and presents hazardous conditions. In consideration for my entry being accepted, for myself and my heirs, do hereby waive and release all sponsors, directors and other entities associated with these events from any and all liabilities for injuries or damages suffered by me in these events.

Signature _____ date _____

Name

Address

Phone

Club

Age