



## HEALTHY IN HARWICH



## RUN FOR HARWICH YOUTH FITNESS PROGRAMS

**Saturday, June 23, 2012 at 9:30 AM**

**Registration 7:30AM-8:45 AM**

**Where:** School House/Harwich Chamber of Commerce Parking Area Harwich Port, MA 02646

**After Party Celebration:** Ember Coal Fired Pizza and Wings

**1st 300 Registrants Get a FREE T-Shirt!** T-shirts also available for purchase.

**Entry Fee:** \$15 before May 31 \$20 Day of the Race  
(Payable to Friends of Harwich Youth, c/o NEVR  
PO BOX 63 Harwich Port, MA 02646)

- Awards for Top 3 Finishers in Each Division
- 1st 300 Registrants Get a FREE T-Shirt!
- Professionally Timed, Scenic, Flat Route Through the Village of Harwich Port
- US Track and Field Certified Timed Course, Scenic, Flat Route Through Harwich Port
- Free Pre-Race Stretching Clinic
- After Party Celebration and Award Ceremony at Ember Coal Fired Pizza and Wings
- Walkers Welcome! A Fun Family Friendly Event!
- Race Benefits: Friends of Harwich Youth for Youth Fitness Related Harwich Programs

**For volunteer/sponsorship info - please contact Joanne at New England Vacation Rentals**

Phone: 508-432-0900 | Email: info@harwichroadrace.com | On the Web: www.HarwichRoadRace.com

### Harwich 5K Road Race RUN & WALK RACE APPLICATION – Please Print

First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

Age on 6/23/12: \_\_\_\_\_ Gender: M/F \_\_\_\_\_ Check one:  Runner  Walker

1st 300 Registrants Get a FREE T-Shirt! Size (circle one) M L XL

I would like to purchase a 2012 T-Shirt for \$10

# of Shirts: \_\_\_\_\_ Sizes: \_\_\_\_\_

Entry Fee:  \$15 by mail before 05/31/12 or  \$20 Race Day  
Please make check payable to: Friends of Harwich Youth  
c/o New England Vacation Rentals PO Box 63 Harwich Port, MA 02646

**Please Read Waiver Before Signing:**

In consideration of acceptance of my entry the undersigned hereby, for myself, my heirs, successors, assigns, executors, and administrators hereby waive and release all claims for damages for injuries or any other loss which may arise or result from my participation in the Harwich 5K Road Race (the "Event") against the following entities and parties: Friends of Harwich Youth, Event sponsors, Event charitable beneficiaries, Event volunteers, including with respect to each of the foregoing their representatives, successors, agents, employees, servants, directors, and officers (collectively the "Released Parties") including such injuries caused by the negligence, gross negligence, or other fault of the Released Parties or any one of them. I understand that participation in road race events is an inherently dangerous activity with a risk of serious injury or death. I represent that I am physically fit and sufficiently trained to safely participate in and complete this Event as a foot race entrant, and that a licensed physician has verified my fitness for this Event. I hereby authorize the Released Parties to use my likeness in photographs, motion pictures, video or digital recordings, or any other form of video or audio recording for the purpose of reporting or promoting this or similar events.

X \_\_\_\_\_

Date: \_\_\_\_\_

Signature of participant or parent/guardian if under 18 years