



NMC / Embers Pizzeria 5K-Halloween

October 27, 2019

Kids (under 12yrs old) 12:05 pm- 5K Walk 12 Noon- 5K Run 1:00pm

Race Location: Embers Pizzeria, 84 Lakefront Street, Lunenburg, Ma 01462

REGISTRATION WILL BE AT: ON THE ROCKS, 96 Lakefront Street, Lunenburg, MA 01462

Entry Fee for:

Fun Run \$5.00 (Kids to 12 yrs old)

5K Walk/Run \$20. until 10/19/19 - \$25. -10/20/19 to race day



First 100 5K entrants to receive Custom T-Shirt

Shirt Size(Select 1) S__ M__ L__ XL__

1st 25 5K entrants will receive extra goodie!

Prizes: First Second and Third Place Male/Female Runners

Timing for Runners Only- No Dogs Allowed

Make Check out to: North Medford Club

Send Check to: Marge Gladwin- 16 Village View Road, Westford, MA 01886

Questions Email: debfholiday@aol.com

On Line Reg: <https://www.active.com/lunenburg-ma/running/2nd-annual-ember-s-nmc-halloween-5k-2019>

Name: _____

Address: _____ City _____ State: _____ Zip _____

Date of Birth: _____ Age: _____ Gender: Male _____ Female _____

EMAIL: _____ Walker _____ or Runner _____

Waiver must be read and signed: I know that road racing is a potentially dangerous activity. I assume all risks with running this race. I waive and release North Medford Club, Embers / On The Rocks and the city of Lunenburg, all sponsors, directors and officers from all claims of liabilities of any kind arising out of my participation in this race even though that liability may arise out of negligence on the part of the persons named in this waiver.



SIGNED: _____