

Ryan's 5K Run/Walk

ALSO A 1K Fun Run

Saturday, June 8, 2019

3:30 pm START

Congregational Church of Phillipston

The Common

Phillipston, MA 01331

Entry Fee: \$20 non-refundable Check payable to: Congregational Church of Phillipston (Ryan's 5K in the notes)

1K: A donation is appreciated (\$5 suggested)

Proceeds from this event will go towards the Ryan Twohey Scholarship Fund.

Mail Entry to: Ryan's 5K RUN/WALK

c/o Karen Gallant

220 Templeton Road

Phillipston, MA 01331

EMAIL: bazaar@phillipston.com

T-SHIRTS for all 5K PARTICIPANTS THAT **REGISTER BY: May 17**.....Additional T-Shirts may be available thereafter. The Church is serving a Chicken BBQ dinner from 4:30 pm to 6:30 pm. Limited quantity so call 978.697.0891 for ticket information.

Race Day: Registration & Number pick up: 2-3 pm

Awards: First male and female runners
First male and female walkers
First male and female 1K

Course: Road grade with some bumps, and a long grade uphill before finishing at the church parking lot.

Event: 5K Run___ 5K Walk___ 1K Fun Run___

Shirt Size: Adult - s___m___lg___xl___2xl___3xl___ Youth - xs___s___m___l___xl___

Name (Print)_____ Age on race day___ Gender M___F___

Address_____ City/Town_____ State___ Zip_____

Phone_____ Email (for race updates)_____

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups and the individuals associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to complete in the Ryan's 5K Run/Walk, further, I grant full permission to any and all of the foregoing to use photographs, video, motion pictures, recordings and/or any other records of this event of myself along or with others for legitimate purpose. I understand that pacing bicycles, skateboards, roller skates (or blades) and animals are not allowed in the race.

Signature (parent if under 18)_____ Date _____