

# Ryan's 5K Run/Walk

Saturday, June 10, 2023

3:30 pm START

Congregational Church of Phillipston

The Common

Phillipston, MA 01331

Entry Fee: \$25 non-refundable Check payable to: Congregational Church of Phillipston (Ryan's 5K in the notes)

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

Mail Application and Entry Fee to:

Ryan's 5K RUN/WALK  
C/O Jean Twohey  
275 Ward Hill Road  
Phillipston, MA 01331

EMAIL: [jctwohey@gmail.com](mailto:jctwohey@gmail.com)

## PERFORMANCE T-SHIRTS for all 5K PARTICIPANTS THAT REGISTER BY MAY 17th

Additional T-Shirts may be available on June 10<sup>th</sup>, but not guaranteed.

There is a Chicken BBQ dinner from 4:30 pm to 6:30 pm. We encourage all participants to support the church and eat after the race. Tickets are limited, so call ahead and leave a message to reserve at **978-249-6389**

**Race Day: Registration & Number pick up: 1:30 - 3 pm**

**Awards:** First male and female runners  
First male and female walkers

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

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**Event:** 5K Run \_\_\_ 5K Walk \_\_\_

**Shirt Size:** **Adult** - S \_\_\_ M \_\_\_ LG \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL \_\_\_ **Youth** - 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** \_\_\_\_\_