



1st Annual Amesbury Run4Fun Road Races
Sunday November 15, 2009

1.2 mile Kids Race 9:30 AM Start
5K Run/walk 10:30 AM Start

Proceeds go to Amesbury Booster and Run4Fun Programs (Non-Profit)

5K Course: Loop course is on gently rolling country roads and Woodsom Farm trails. Starts and finishes at Amesbury High School on Highland Street.

Kids Race Course: Loops is on Woodsom Farm Trails. Starts and finishes at Woodsom Farm on Lions Mouth Road.

Registration & Number Pickup: Amesbury High School on Highland Street from 8:00 am to 10:15 am.

TShirts to first 125 Registered Runners
First 50 for Kids Race

Entry Fee:
Kids Race: \$5.00
Pre-Entry by November 13, 2009: \$15.00
Race Day Entry: \$20.00

Prizes:
First 3 Male and Female Overall
Age Group Divisions: 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Checks Payable/Mail To: Run4Fun,
C/O Pam Houck, 24 Whittier Meadows Dr., Amesbury, MA 01913
Race Information: Stephanie - Menezes, Email: Stephanie_Menezes@brewsteracademy.org
Or Pam Houck, Email: pahouck@comcast.net /Phone: 978-697-5627

First Name: _____ **Last Name:** _____ **Race Day Age:** _____

Street Address: _____ **City:** _____ **State:** ____ **Zip:** _____

Telephone: _____ **Email:** _____ **Sex (circle one) M F**

Pre-entry Enclosed: \$ _____ **Shirt Size (circle one) SM Med LG XLG**

In consideration of this entry accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages that I may have against the organization holding this race and the Town of Amesbury and all injuries suffered by me in this race. I attest and certify that I am physically fit and have trained sufficiently for competition in long distance road races.

Signature x _____ (Parent's Signature if Under 18)