Merrimac Lions Club
5th Annual 5K Run/Walk/Fun Run for Charity

Come run/walk with us through beautiful Merrimac!
2006 run/walk/fun run proceeds will go to Lions Club local charities.
WE WANT TO DO MORE!

Exit 53, Rte 495 – Merrimac or Rte 95 to Amesbury, Exit Rte. 110W to Merrimac

Awards to the 1st place finishers for age and gender categories
Traffic control generously provided by the Merrimac Police Department
Emergency support generously provided by the Merrimac Fire and Rescue Department
Special thanks to the Winner Circle Running Club

Date: Saturday, August 19, 2006
Time: Race day registration 9:30 a.m. - 10:45a.m., Race begins 11:00 a.m./Fun Run Starts at 10:45 a.m.
Course: Registration at Helen R. Donaghue School. Race Starting at Locust and Union Street and finishes at Orchard and Grove Street. Map on back.
Fee: $10.00 by August 15th, first 100 registrants receive a T-shirt, courtesy of our sponsors.
Post Race: Refreshments – Beer – Awards – Food – Raffles – Music by Ron St. Jean

Registration Form

___ Male ___ Female ___ Wheelchair ___ Lion Age on Race Day ___ Circle shirt size: M L XL XXL

Age Categories: ___14-19 ___20-29 ___30-39 ___40-44 ___45-49 ___50-54 ___55-59 ___60-64 ___65-69 ___70+

Fun Run Age Categories: ___4 ___5-6 ___7-8 ___9-10 ___11-12

In consideration of accepting this entry, I, the undersigned intending to be legally bound, myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against the Town of Merrimac and all other parties and their representatives, successors and assignees for any and all injuries by me in said event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Name: ________________________________________________________________
Address: _______________________________________________________________
City: _________________________ State: ______ Zip code: ____________________
Signature: _____________________________________________________________

(Signature of parent if under 18 years of age)

__$5 Fun Run entry fee

__$10 Pre-race entry fee by August 15, 2006

__$15 Day of race entry fee or if postmarked after August 15, 2006

Make checks payable to: Merrimac Lions Club. Mail form and check to: P.O. Box 177, Merrimac, MA 01860
For information: E-mail Marcia Conti at marciawconti@yahoo.com
Doug Lay & Ted Wendt, Race Co-Chairman