



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

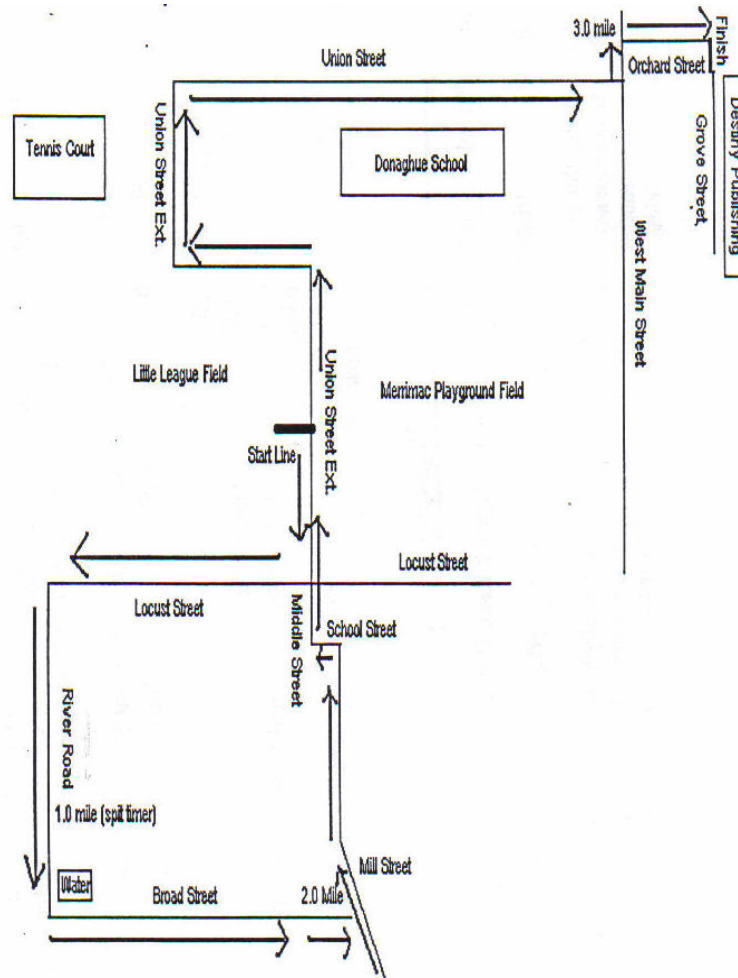
In consideration of accepting this entry, I, the undersigned intending to be legally bound, myself, my heirs, executors and administrators, waive and release any and all rights and claims for losses and damages I may have against the Town of Merrimac and all other parties and their representatives, successors 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

2006 Annual 5K Run/Walk for Charity Race Map and Sponsors



Economy Co-Operative Bank
Merrimac, MA
978-346-8174

Merrimac Country Market
Mario's Deli & Pizzeria
123 East Main Street
978-346-8982

Layco Contractors
Merrimac, MA
978-346-9411

Paul C. Rogers & Sons
Funeral Homes
Merrimac, MA
978-346-9273

Journey Insurance
Agency, Inc.
Merrimac, MA
978-346-8761

Merrimac Savings Bank
Merrimac, MA
978-346-866

Northern Essex Fuel
Merrimac, MA
978-374-1540

Phillip A. Parry, P.C.
Attorney at Law
Merrimac, MA
978-346-0005

David Heating & Cooling
Merrimac, MA
978-346-4216

A New You
A Full Service Salon
Merrimac, MA
978-346-8884

Driveway Design
80 East Main St.
Merrimac, MA
978-346-9661

Sloban Auto Body, Inc
Merrimac, MA
978-346-8961