

# MOTHER'S DAY 5K

And Family Fun Run/Walk

## 5K RUN / 2 MILE FAMILY FUN RUN/WALK

Sunday, May 10, 2009 (Rain or Shine)  
Rogers High School, Newport, RI

**Benefiting TEACHER EXCELLENCE GRANTS through the Newport Public Education Foundation**

- COURSE:** Scenic Ocean Drive (**certified course**)
- TIMES:** Number and T-shirt pick-up: Friday, May 8, 2009 at RHS Cafeteria 4PM-7PM  
 Number and T-shirt pick-up and race day registration begins: Sunday, May 10, 2009 at 7:00AM  
 Health Fair: Starts at 8am (includes Cholesterol screening, BP Screening, BMI, body fat analysis and more...)  
 9:00AM: 5 K Run      9:05AM: 2 mile Family Fun Run/Walk (non-competitive)      10:00AM: Awards
- OFFICAL TIMING:** Computerized timing by Spitler Race Systems
- ENTRY FEES:** \$20 (Adults 18 and over)      \$8 (under 18)  
 \$40 (family rate: maximum 2 adults and 2 children under 18)
- PRIZES:** Short-sleeved T-Shirt guaranteed to everyone registered by April 24, 2009  
 \$150 to top male and top female finisher  
 Awards to the top three male and female finishers in each age group
- AGE GROUPS:** Family Fun Run/Walk: All ages  
 5K Run age groups: 10 and under    11-13    14-18    19-29    30-39    40-49    50-59    60+

### NPEF's "MOTHER'S DAY 5K" REGISTRATION FORM

Please complete the application below and return it along with the appropriate pre-registration entry fee (checks payable to NPEF) to NPEF: PO Box 1237, Newport, RI 02840. You may register online at [www.coolrunning.com](http://www.coolrunning.com). Extra forms available at all Newport Public Schools and on [www.ournewportschools.org](http://www.ournewportschools.org).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Number: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Age on race day: \_\_\_\_\_ M/F \_\_\_\_\_ (If applicable) School/Grade Affiliation: \_\_\_\_\_

Select one: \_\_\_\_\_ 5K RUN      \_\_\_\_\_ FAMILYFUN RUN/WALK

Shirt size:     Youth M     Youth L     Adult M     Adult L     Adult XL

\*If registering as a family (maximum 2 adults and 2 children under 18) please provide the following information:

FAMILY MEMBERS NAMES	AGE ON RACE DAY	M/F	RUN/WALK	SHIRT SIZE
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

TOTAL # RUNNING: \_\_\_\_\_ TOTAL #WALKING: \_\_\_\_\_ TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

**WAIVER:** In consideration of your accepting my entry, I hereby for myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Newport Public Education Foundation, race officials, volunteers and sponsors, and each of their agents and representatives for any and all injuries, damages and/or claims of any description (including, but not limited to falls, contacts with other participants, the effects of weather, traffic, and the condition of the road, all such risks being known and appreciated by me) which might arise out of the Run For Education and all activities in any way connected therewith. I attest that I am physically fit and have sufficiently trained for the event in which I am participating. Further, I grant permission for the race committee to use my name/picture/ likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE: \_\_\_\_\_

SIGNATURE OF PARENT/LEGAL GUARDIAN REQUIRED FOR ANY RUNNER UNDER 18: \_\_\_\_\_