

MOTHER'S DAY 5K

And Family Fun Run/Walk

5K RUN / 2 MILE FAMILY FUN RUN/WALK

Sunday, May 9, 2010 (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 7, 2010 at RHS Cafeteria 4PM-7PM
 Number and T-shirt pick-up and race day registration begins: Sunday, May 9, 2010 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 23, 2010
 \$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: c/o 5 Smith Avenue, Newport, RI 02840. You may register online at www.coolrunning.com. Extra forms available at all Newport Public Schools and on 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: _____