

# ST. MARY'S 5K ROAD RACE AND FITNESS WALK 2011



**\*NEW START TIME\***

**Who:** All runners, walkers and families

**What:** 5 K Run

5K Fitness Walk

1/4 Mile race for kids (8 or younger )

**When:** September 17, 2011

9:45am Kids 1/4 Fun Run

10:00am 5k Run and Fitness Walk **NEW START TIME**

**Cost:** \$ 20.00 (1/4 mile kids race is free)

**Where:** 16 Summer Street, Shrewsbury, MA 01545

**Description:** Challenging yet quick 3.1 mile course through quaint neighborhoods of Shrewsbury.

**Awards:** Top overall winners and age group divisions

**Registration:** Register on Active.com or mail-in application

(same day registration begins at 8:30am and ends at 9:45am)

**Early entrants get a free t-shirt**



## *The St. Mary's 5k Road Race and Fitness Walk 2011 Registration Information*

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

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

Phone number: \_\_\_\_\_

Age Day of Race: \_\_\_\_\_

- I will be participating in the 5K FitnessWalk
- I will be participating in the 5K Run
- Waiver Statement: I waive all claims for myself, my heirs, and assigns, the sponsors, and any individuals associated with this event and hold them harmless for any injuries, illnesses, lost or stolen property which may result from my participation. I am in proper physical condition to participate in this race. I grant permission to use my name and/or picture in any media accounts of this race.

Signature: \_\_\_\_\_  
(Signature of guardian if under 18)

**Shirt Size:** Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_  
Adult Large \_\_\_\_\_ Adult XL \_\_\_\_\_

**For more Information contact:**  
[pachayeck@yahoo.com](mailto:pachayeck@yahoo.com)

**Checks made out to:** St. Mary's 5k Road Race

**Send To:**  
St. Mary's 5k Road Race  
21 Pleasant Lane  
Boylston, Ma 01505  
Attn: Paula Hayeck, Race Director

Raffle for all Runners &  
Walkers after Awards Ceremony

