Dartmouth YMCA
5K/10K Road Race & Walk
September 25, 2010 at 10:00 AM Sharp

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Proceeds from this race support our YCares Financial Assistance Program!

Course Information: This scenic course is fast and travels through the rural and historic back roads of South Dartmouth. 10K course was certified in 2003. Both courses are well marked and perfect training routes for beginner and advanced runners.

Timing and Results: Time and results will be done by JB Race. Results will be promptly posted on www.jbrace.com

Food, Refreshments, Awards & Raffle: Food, refreshments, awards ceremony and raffle will begin at the pavilion located at the Dartmouth YMCA at the conclusion of the race.

Packet: All registrants may pick up their runners packet on the day of the race at the Dartmouth YMCA, 276 Gulf Road, South Dartmouth, MA 02748 (508-993-3361)

Directions to Dartmouth YMCA: From Rte. 195 East, take Exit 12 (North Dartmouth); from Rte. 195 West, take Exit 12A. Turn right onto Faunce Corner Road and follow to Rte. 6. Turn left onto Route 6. Take first right onto Tucker Road. Follow for 4 miles through four stop signs. At fourth stop sign turn left onto Gulf Road. YMCA is located half a mile down on the right.

Children's Fun Run: (approximately 1/3 mile) will be held in YMCA field at 9:30 AM. This event is free and awards will be given to all participants. Ages Pre-School -12 years old. Please call for a registration form!

Awards: Awards will be presented to the Top 3 Finishers both Male and Female in the following categories

12 and under	19-29	40-49	60-69
13 to 18	30-39	50-59	70 and over

Award to Overall Top 3 "Walkers" (An official walker must always make contact with ground during race. No running at all!)

(Cut and send in below application. Save top half for info and directions to course)

Mail Entries and make check payable to Dartmouth YMCA (Do not send cash):

Dartmouth YMCA 5K/10K
276 Gulf Road
Dartmouth, MA 02748
Phone: 508-993-3361

Official Use Only
|__|__|__|__|__|

|__|__|__|__|__|__|__|__|__|__|__| |__| |__| |__|__|__| |____________|
First Name (please print) Middle Initial Gender M/F Age-Day of Race Runner or Walker

|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__| 5K____ 10K____
Last Name

|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|
Street Address

|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|__|
City/Town

|__|__|__|-|__|__|__|-|__|__|__|__| |__|__| |__|__|__|__|__| |__|__|__|__|
Area Code Home Phone State Zip Code Date of Birth

Entry-fee before September 17th ~$25.00
After September 17th - $30.00

12 and under $15.00 before September 17th
After September 17th - $20.00

Email address____

FREE Long Sleeved T-Shirts to the first 100 registrants.

T-Shirt Size ordering (Please Check) |__| S |__| M |__| L |__| XL

Waiver: In consideration of the acceptance of this entry, I do for myself, my executors, heirs, administrators and assigns forever release the YMCA Southcoast, and all sponsors and organizers of this race from any liability in the case of death or injury received from my participation in this event. I attest that I am physically fit and sufficiently trained to participate.

Signature ____ Date:_________________
(Parent or guardian if under 18)