

1st Annual West Island 5K Run/Walk & Kids Mile Fun Run

Sunday, April 29, 2012

**10:00 A.M. – Kids 1 Mile Fun Run; 11:00 A.M. – 5K Run/Walk
41 Causeway Road, West Island, Fairhaven, MA 02719**

All proceeds go to the Fairhaven High School Cross Country program.

Course: Mostly flat and fast loop throughout scenic West Island with a fast downhill start and a challenging uphill finish.

Events: Registration and Number Pick-up: 41 Causeway Road, Fairhaven, MA
• Saturday, April 28, 1:00-4:00 P.M., Sunday, April 29, 9:00-10:45 A.M.

Kids Mile Fun Run: 10:00 A.M.

5K Run/Walk: 11:00 A.M.

Awards Ceremony/Raffle: 12:15 P.M.

Each mile marked and timed!

Water station at 1.5-mile point!

Great post-race refreshments!

Awards: Overall Male/Female Finisher; Top 3 Male/Female Age Group Finishers

• Age Categories: 1-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Fee: Kids Mile Fun Run: \$5.00 – all kids, anytime!

5K Run/Walk: \$15.00 – K-12 students registering for the 5K
\$20.00 – registrations postmarked by April 14th
\$25.00 – registrations received after April 14th

**** T-Shirts guaranteed to the first 300 5K Run/Walk registrants ****

**** Neoprene blue/white commemorative wristbands to all Kids Mile Fun Runners ****

Registration: On-line registration, race details and updates available at
WestIsland5K.org (active on Feb 1, 2012) or complete registration form
below, make your check out to “West Island 5K” and mail payment to
P.O. Box 260

Cut and send form below

Mattapoissett, MA 02739

Cut and send form below

Event: 5K Run ___ 5K Walk ___ Kids Mile Fun Run ___ T-Shirt Size: S ___ M ___ L ___ XL ___

Name (Print): _____ **Age (on race day):** _____ **Sex:** M ___ F ___

Address: _____ **City/Town:** _____ **State:** _____ **Zip:** _____

Phone: _____ **E-mail (only for race updates):** _____

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself, and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release the West Island 5K Race Committee, the Town of Fairhaven, and all sponsors, their directors, officers, and volunteers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise from negligence or carelessness on the part of the persons named in the waiver.

Signature (Parent if under 18): _____ **Date:** _____