

THE PATRICK A. FRYE MEMORIAL 5K
TO BENEFIT THE PATRICK A. FRYE MEMORIAL FUND
SUNDAY, MARCH 17, 2013
RUNNERS AND WALKERS BOTH WELCOME!!

TIME: *Registration at 8:00 AM - Walkers begin at 9:30 AM*
Race begins at 10:00 AM

ENTRY FEE: Non-Refundable. \$20 in Advance; \$30 on Race Day

T-SHIRTS: T-Shirts Guaranteed to 1st 100 Registered Runners

COURSE: Fast course thru Lowell Highlands Neighborhood. For a course map go to:
www.fritty5k.weebly.com

LOCATION: Mt Pleasant Golf Course, 141 Staples St. Lowell, MA 01851

PARKING: Plenty of Free Parking Available @ Mt. Pleasant. For the safety of our runners, please refrain from parking on Staples St.

AWARDS: Top Runner Overall (Male & Female) & Top Male & Female in each age group.

FOR MORE INFO: Call (978) 649-7372, Email Pfritty5k@gmail.com or Go to www.fritty5k.weebly.com

BE SURE TO JOIN US AT MT. PLEASANT AFTER THE RACE FOR RAFFLES, FOOD & FUN!

Please print neatly and fill out completely (entry forms without age and gender will not be eligible for age group awards)

First Name: _____ Last Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Age: _____ Gender: _____ Runner or Walker: _____

Make Check Payable to: **PATRICK A. FRYE MEMORIAL FUND**

Mail Registration Form & Check To: **ANN PAULO, 52 DIAMOND ST. TYNGSBORO, MA 01879**

READ WAIVER BEFORE SIGNING I know that running/walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of weather, including low temperatures, high heat and/or humidity, traffic and conditions of the road and all other such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Patrick A. Frye Memorial Fund, its event organizers, all event sponsors, and their agents, all event volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Participants Signature Required (parent or guardian if under 18 years old)

Date