

# 5K Run/Walk Road Race

Saturday, June 8, 2013

Holmes Field, Norfolk, MA 02056

RAIN or SHINE

*Wear pink!*



### Race Day Schedule

7:30 Registration/check-in/Raffles open

8:45 Begin Line-up

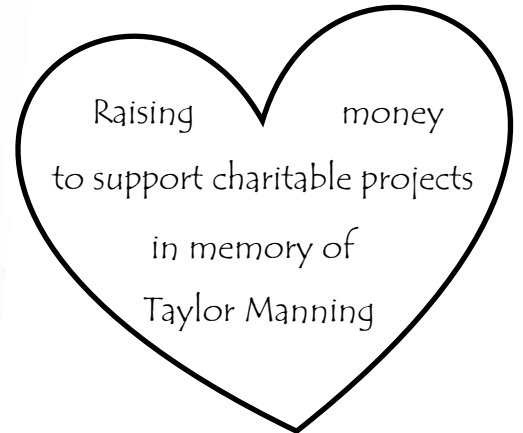
9:00 5K BEGINS

10:15 Raffle winners announced\*

11:00 - 4:00 NORFOLK COMMUNITY DAY:

*Bring the whole family and enjoy: Post-Race Food, Music, FUN*

\*Race day raffles: Patriots tickets, Red Sox tickets and MORE! \$5/chance or \$20 for 5 chances



★ Register online at [www.Racemenu.com](http://www.Racemenu.com) ★

or

Detach the registration form below and return it with your entry fee payable to: Norfolk Community League: P.O. Box 450, Norfolk, MA 02056 - ATTN: Taylor's Triumph

Tax Deductible Donations can also be made payable to: Taylor Manning Memorial Fund (tax id 06-0881325), send to address ABOVE

Thank you to our sponsors



### Entry Form and Release Waiver

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

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone#: \_\_\_\_\_ Email: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Sex: \_\_\_\_\_

Event (circle one): 5K Run OR 5K Walk

Adult T-Shirt Size (circle one) S M L XL XXL

Child T-Shirt Size (circle one) M L

\$30 until May 28<sup>th</sup>, \$35 after May 28<sup>th</sup> - TOTAL: \$ \_\_\_\_\_

Questions/ Please contact Lisa Noke at: [Inoke@verizon.net](mailto:Inoke@verizon.net)

**Release/Waiver:** I assume all risks associated with running/walking in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the Norfolk Community League, Norfolk Lions, the Town of Norfolk, all sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature if under 18:

\_\_\_\_\_