



**2016 Run For Your Lunch 5.5K
5TH ANNIVERSARY
Community Race Against Hunger**



date: Sunday, January 17, 2016, **time:** 1:00 PM

place: North Congregational Church: 38 Plymouth Street, Middleboro, MA 02346

distance: 5.5K – an unusual distance for an unusual organization

check-in: 12 NOON – No early birds PLEASE!

registration: Pre-Registration - \$25 Day of Race Registration - \$ 30

Registration includes post-race Chowder & Bread lunch from All Are Welcome!

Rain or Shine – but may be cancelled due to unsafe weather conditions – NO REFUNDS!

Awards for 1st, 2nd and 3rd place Male & Female overall & top Male & Female finish in each category.

Please register me in the following category (*complete separate forms for each runner*):

- | | | | | | | |
|-----------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|
| <input type="checkbox"/> UNDER 17 | <input type="checkbox"/> 18-29 | <input type="checkbox"/> 30-39 | <input type="checkbox"/> 40-49 | <input type="checkbox"/> 50-59 | <input type="checkbox"/> 60-69 | <input type="checkbox"/> 70+ |
|-----------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|------------------------------|

Name (please print) _____

Address _____

City _____ State _____ Zip _____

Email _____

Best Phone _____ Cell _____ Home _____

Male Female Age on RACE DAY: _____

Emergency Contact: _____ Phone: _____

Guest Lunch Tickets Needed: (\$10 each) _____

HAPPY ANNIVERSARY Additional Donation Included: \$ _____

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, sidewalk and route areas, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself, my heirs, executors and administrators, successors and assigns, and anyone entitled to act on my behalf, waive and release All Are Welcome, the North Congregational Church, the Trustees of the Pratt Free School, the Titicut Parish Green Committee, the FL Chamberlain School, the Town(s) of Middleboro & Bridgewater, all sponsors, their representatives and successors, and any officers, directors, members, agents, or volunteers of the participating organizations from all claims or liabilities of a 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. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. **I understand that bicycles, skateboards, roller skates and inline skates, are not allowed in the event; baby joggers and animals are welcome with the appropriate amount of common sense and courtesy and I will abide by this guideline.**

Signature required (parent/legal guardian for participants under 18 years)

Send completed registration forms w/ appropriate amount to:

**ALL ARE WELCOME
PO BOX 1244
MIDDLEBORO, MA 02346**