

CHARLESTOWN POLICE DEPARTMENT



Fraternal Order of Police Lodge #40

~ 5th Annual ~



ROAD 5K RACE

Sunday, August 30th, 2009

Race Start Time: 09:00 A.M.

Check-in @ 07:30 (Rain or Shine)

Ninigret Park, Old Post Road, Charlestown, RI

1 Mile Course for Walkers!

Entry Fees

Online Registration: \$18.00 Mail-in Registration: \$18.00 Race Day Registration: \$20.00

Register online before August 27th Mail-in must be received by August 26th Entry Fees are non-refundable

Online registration available at www.needtorace.com

Checks payable to: Charlestown F.O.P. Lodge #40

T-SHIRTS FOR THE FIRST 200 ENTRIES

Age Groups

CASH PRIZES & AWARDS - Top 3 Male & Top 3 Female Finishers (\$100, \$50, \$25)

Awards will be given to the top three in each of the following categories:

Junior (Under 19), Open (19-39), Master (40-49), Senior (50-59), Veteran (60-69), Grand Veteran (70+)

Amenities

Digital clock finish, timing and scoring by +ORGANIZATION PLUS+ Road Race Management Services

Race sanctioned by USA Track & Field. Course certified by Ray Nelson (flat and fast)

Water station at 1 1/2 mile mark. Refreshments at finish. Bathroom and changing facilities available.

Directions & Contacts

US Route One into Charlestown. Take Tourist Info/Chamber of Commerce exit. Ninigret Park is 1/4 off exit.

Additional entry forms and information available at www.charlestownpolice.org

CHARLESTOWN POLICE F.O.P. 5K ROAD RACE

Mail entry forms to: Charlestown Police F.O.P. Attn: Sgt. Philip Gingerella P.O. Box 360 Charlestown, RI 02813

Name _____ Age _____ Sex _____

Street _____ Phone _____

City _____ State _____ Zip _____ 5K Run _____ or 1 Mile Walk _____

Email _____

WAIVER: I hereby release the Charlestown Police F.O.P. Lodge #40 and the race organizers, sponsors and officials from any claim of damage and/or injury resulting from my participation in or traveling to and from the above race. I attest that I am physically fit and have sufficient training for this event and waive any claims or injuries suffered in said event.

Signature _____

Date _____

Parent's Signature if under 18 _____