



PAMET 5K RIVER RUN/WALK 2019

Sunday, September 22

REGISTRATION 8:15 am

START 9:00 am

Start: Pamet Harbor Parking Lot - Finish: Ballston Beach

REGISTRATION FORM

please check one: RUN WALK

Name: _____

Mailing address: _____

Phone: _____ Email: _____

Gender (please circle): Male Female Age: _____

ENTRY FEES: Adults \$15.00 Youths (13 and under) \$10.00

* Male and Female Grand Prize Trophies will be awarded.

Please check age class below:

Youth (13 and under): _____ High School (14-18): _____ Open (19-39): _____

Master (40-49): _____ Grand Master (50-59): _____ Grand Grand Master (60-69): _____

Senior Grand Master (70 and Over): _____

Medallions will be awarded for each class t-shirts to first 75 registrants

Please mail your completed Registration Form & Check Payable to Truro Treasures, Inc. to:

Truro Treasures 2019 Run/Walk, Post Office Box 197, Truro, MA 02666

For information on the event, please contact:

Tom Bow at 860-888-9047 Thank you!

WAIVER - PLEASE SIGN BELOW:

In consideration of this entry, I hereby waive and release any rights and claims for damages I may have against Truro Treasures, Inc., or any race sponsors or hosts for any injury I may incur. I understand that heat can be a factor in an early fall race and accept personal responsibility for properly preparing myself. Further, I understand traffic control will be limited and I accept that as a condition of the race and will protect myself accordingly.

Signature _____ Date _____