



Roger Wheeler State Beach, Rhode Island
Sunday ~ September 19, 2010 ~ 10am

Registration: The 5k Race begins at 8:30 a.m. at Roger Wheeler State Beach in Narragansett, Rhode Island. Parking and facilities will be available at Roger Wheeler State Beach. \$25 on line at www.strands.com/events or by mail postmarked September 10, \$30 on race day, \$15 College Students, 12 & under Free. Walkers are welcomed, but please no strollers or dogs. The race will be held rain or shine. There are no refunds.

LazyBoy option: If running or walking isn't your thing, you can still register and receive all the great race benefits!

Course: The 5k course will start and end at Roger Wheeler State Beach, taking you through the scenic town of Galilee, an authentic New England fishing village in Narragansett, Rhode Island. The 5k course is sanctioned by USA Track & Field; flat and fast course accurately measured by Ray Nelson.

All proceeds will support Rhode Island Sea Grant Student Scholarships and Education Programs

Awards will be presented to the top male and female finishers, as well as for the best costume! All pre-registered entrants will receive t-shirts. All entrants are eligible for the raffle after the race, along with refreshments at George's.



FREE Brunch and \$2 Narragansett Drafts at George's at 11:30 a.m. and Entertainment at noon!



For further information contact Meredith Haas (mhaas@gso.uri.edu) (401) 874-6800 ext. 6019

Timing and scoring by + ORGANIZATIONS PLUS + Road Race Management Services

Payment: Please make check or money order payable to:

**Rhode Island Sea Grant
 University of Rhode Island Graduate School of Oceanography
 South Ferry Rd., Narragansett, RI 02882**

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-mail _____

I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the race organization and any sponsors, coordinating groups, and any individuals associated with this event. I attest that I am physically fit to complete this event. Further grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recordings, or any other record of this event for legitimate purpose.

Signature

Date

Parent Signature if under 18