

HEALTH & WELLNESS EXPO

8:30 - 11:30 a.m.

Join us either before or after the race for our annual Health & Wellness Expo. Visit the variety of products and services presented by all of the vendors at the Health & Wellness Expo. Enjoy samples, and get information. Spectators and vendors are welcome too enjoy the day! Something for the whole family. Plenty to see and do at 2010 Health & Wellness Expo!

The Easton YMCA is part of the Old Colony YMCA. The Old Colony YMCA serves 31 communities in South Eastern Massachusetts with programs for all ages and abilities, designed to build healthy spirits, minds and bodies. Programs include fitness, before & after-school enrichment, summer camps, senior wellness and youth development.

Old Colony YMCA
Easton Branch
25 Elm Street
N. Easton, MA 02356
(508) 238-9758
www.oldcolonyymca.org

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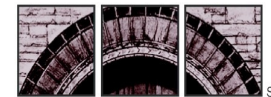
Annual
Harvest 5 Mile Road Race &
1 Mile Family Fun Walk

9:00 a.m. Start!

Featuring our
Health & Wellness Expo

Sunday
October 3, 2010

Hosted by:



NORTH EASTON
SAVINGS BANK

To benefit:



We build strong kids,
strong families, strong communities

NON-PROFIT ORG.
U.S. POSTAGE
PAID
EASTON, MA
PERMIT NO. 58

Name: _____ Age: _____ Sex: _____
Address: _____ City _____ State _____ Zip _____
Phone () _____ Email: _____
Will you utilize the free childwatch services? Yes No Number of children & ages: _____

1 mile walk
 5 mile run

Mail to: Old Colony YMCA - Easton Branch
Attn: Harvest Road Race
25 Elm Street, N. Easton, MA 02356
(508) 238-9758

Checks payable to: Easton YMCA Amount Enclosed: \$ _____

Waiver and Release From Liability: In consideration of this entry being accepted, I do hereby forfeit, waive, release the Town of Easton, North Easton Savings Bank, Old Colony YMCA and any other organization or person connected with the holding of this event from all claims and causes of action which I, at any time, acquire as a result of participation in this event. I understand that this event requires strenuous physical exertion. I hereby attest that I am physically fit and sufficiently trained for this event. It is also understood and agreed that the Old Colony Y reserves the right to take pictures/videos of participants for brochures/publications and marketing purposes.

SIGNATURE: _____ Date: _____
(Parent or Guardian if under 18 years)



HARVEST ROAD RACE & FAMILY FUN WALK

Sunday - October 3, 2010

Time: 9 a.m. rain or shine

Location: Starting/Ending at
Easton YMCA
25 Elm Street,
N. Easton, MA

Distance: CERTIFIED - 5 mile
road race
Approximately 1 mile
Family Fun Walk

Entry Fee: \$15 pre-registration by
mail by Thursday Sept. 30th
\$18 on-line at
www.strands.com/events
by Thursday, Sept. 30th
\$20 post-registration
(dri-tekch t-shirts to first 150
registrants)

- * Childwatch available to pre-registrants only
- * Parking & Bathrooms:
At Easton YMCA
25 Elm St.
- * Water stops available along the route
- * Health & Wellness Exposition
8:30 - 11:30
- * Mile splits called at every mile marker

DIVISIONS

(Men & Women)

Juniors: 18 yrs. and under
Open: 19 - 39 yrs.
Masters: 40 - 49 yrs.
Sr. Masters: 50 - 59 yrs.
Seniors: 60 and older

AWARDS

- * Top Male and Female overall winner
- * Top three finishers (male & female) in each category (overall winners are excluded from age group winners)

RAFFLE

- * Every entrant eligible to win. Prizes are awarded by lottery drawing. Must be present to win!

All proceeds benefit:
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**Harvest Road Race
Find us on Facebook**