

2010 RACE REGISTRATION

Make checks payable to JCCRI. Mail checks to JCCRI, 401 Elmgrove Ave., Providence, RI 02906 attn: Lisa. Register on-line at www.strands.com/event or fax this form with credit card info to 401.861.8806. 5K Run/Walk Fee: \$20 online \$20 pre-registration received by 9/8, \$25 after 9/8. East Side Pediatrics Youth races fee: \$10 online or received by 9/8; after 9/8 \$12.

name _____ age _____ sex _____
 address _____ city _____ state _____ zip _____

phone _____ e-mail _____ 5K 1.5 walk youth

corporate team name _____

In consideration of my being accepted to be legally bound and do hereby, for myself, my heirs, executors, waive and release all rights and claims for damages which may after accrue to me against the Jewish Community Center, its Board of Directors, City of Providence, any race officials and volunteers, any race sponsors and their respective officers, agents, representatives, successors and assigns from any cause, including negligence or carelessness. Further, in the event that I am signing this application on behalf of my minor child, I hereby agree to hold the above mentioned parties harmless for any injuries that my minor child may receive in conjunction with this event. If I or my minor child should suffer injury or illness, I authorize the officials of this race to obtain medical treatment for such injury or illness or transportation to a medical facility within their discretion, and take full responsibility for this action. I verify that I (or my minor child) am physically fit and am able to participate in this rigorous athletic event.

Signature _____ Date _____

Credit Card Payment

I hereby authorize (circle) VISA / MC / DISCOVER for \$ _____

credit card # _____
 expiration date: _____

3-digit security code (back of card) _____

Name on card _____

Signature of authorizing use of card: _____



JCCRI
 Jewish Community Center of Rhode Island
 401 Elmgrove Avenue
 Providence, RI 02906

Non-Profit Org.
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 permit No. 1063
 Providence, RI



sponsored by

The Miriam Hospital
A Lifespan Partner

All proceeds benefit
 The Jewish Community Center
 of Rhode Island

sunday, september 12, 2010

jccri
 9th annual
5K ROAD RACE
 and
 East Side Pediatrics
YOUTH RACES
 first annual
Joe Mann Memorial
1.5 mile Walk

when & where

DATE: Sunday, Sept 12, 2010
TIME: 9am • East Side Pediatrics Youth Races
10am • 5K Race
1.5 mile Non-competitive Walk
START: Jewish Community Center
401 Elmgrove Avenue
Providence, RI 02906

DISTANCE: 5K - 3.1 miles USATF Certified
1.5 mile non-competitive walk

EAST SIDE PEDIATRICS YOUTH RACES
(by age): 10-11 800 m
8-9 400 m
6-7 200 m
5 & under 100 m

ENTRY FEE:
\$20 - online or mail in received by Sept. 8
\$25 - Registration after Sept. 8
\$10 - ages 16 and under received by Sept. 8
\$12- ages 16 and under after Sept. 8

Youth Races Fee: \$10 until Sept. 8
\$12 after Sept. 8

T-SHIRTS & GOODIE BAGS: First 300 5k runners
First 100 walkers
All Youth Race runners

5K AWARDS: Awards to top 3 men & women

AGE GROUPS: (Male & Female)

Junior - 18 & under	Gift Certificates for 1st, 2nd, 3rd		
Open - 19-29	1st \$150	2nd \$100	3rd \$50
Open - 30-39	1st \$150	2nd \$100	3rd \$50
Masters - 40-49	1st \$150	2nd \$50	3rd \$25
Seniors - 50-59	1st \$50	2nd & 3rd Gift Cert.	
Veterans - 60-69	1st \$50	2nd & 3rd Gift Cert.	
Grand Veteran 70+	1st \$50	2nd & 3rd Gift Cert.	

There will be medals and T-shirts for all children.

Corporate teams of at least 3 entrants are welcome

race day stuff

FOR MORE INFORMATION:
Lisa Mongeau, J-fitness at the JCCRI
401-861-8800 ext. 210 lmongeau@jccri.org

RACE WEEKEND REGISTRATION:
Race day registration begins at 7:30 am
at the Jewish Community Center of Rhode Island.

FACILITIES: Restrooms, ample parking

MASSAGE: Enjoy a seated massage after
your run!

REFRESHMENTS: Healthy post-race buffet
including fruit, bagels, and more.

POST-RACE FUN: Outstanding raffle for all runners
with great prizes, rock wall climbing, entertainment
and activities for the whole family.

DIRECTIONS:
From Route 95: Take the Branch Avenue exit and proceed
east on Branch Avenue (right turn from 95 North,
left turn from 95 South). At the first traffic light, cross
North Main Street and follow Cypress Street up the hill.
Stay on Cypress until it ends; turn left on Morris
Avenue, then immediate right on Sessions Street. The JCCRI
is 2 blocks down, at the corner of Sessions and Elmgrove.

From Route 195: Take the Gano Street exit and turn
right on Gano. Follow Gano (which becomes Taber
Avenue) through 3 traffic lights, to the stop sign at
Lloyd Avenue. Turn right on Lloyd and left on Elmgrove;
the JCCRI is eight blocks down on your right.

Online registration available at
www.strands.com/events

THE JOE MANN 1.5 MILE WALK (non-competitive):
Joe Mann was a dedicated community volunteer who
gave generously of his time and talent. The JCCRI and
the Miriam Hospital are fortunate to have been among
the many recipients of Joe's immense generosity.

**This years race is dedicated to
the memory of Joe Mann**



JCCRI is a partner agency with
Jewish Federation of Rhode Island

our sponsors (THANK YOU)

The Miriam Hospital

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**Corporate or School Teams
of three or more are welcome**

Go to www.jccri.org/fitness/roadrace.shtml
for more information contact
Lisa Mongeau at 861.8800 x210
lmongeau@jccri.org

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last year's
top corporate
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