

2010 LABOR DAY MEMORIAL

5K Run & Walk

Monday, September 6 ~ 9:30 a.m.

West Warwick, RI

Honoring the Memory of Station Fire Victim

THOMAS P. MEDEIROS

and

SGT. BRIAN ST. GERMAIN

Who was Killed in Action in Iraq

- About the Event:** The event was established to honor two of West Warwick's finest track and cross country athletes. Proceeds from the event will benefit scholarship funds established in their memory.
- Race Info:** Start and finish of the race at the Portuguese Instructional & Recreation Club, **918 Main Street, West Warwick, RI 02893**. Course bicycle calibrated by Ray Nelson. Timing and scoring by Organization Plus.
- Awards:** T-shirts to the first 200 entries.
Award to the top male and female finisher. Awards to the top 2 men & women in each division: 19 & under, 20-39, 40-49, 50-59, 60-69, and 70+.
- Entry Fee:** Race day registration begins at 7:30 am. \$18.00 mail-in or on-line at www.strands.com/events. \$20.00 on race day. Checks should be made payable to: **LABOR DAY MEMORIAL**. Entry forms & checks should be mailed to: Labor Day Memorial, 21 Flynn Terrace, West Warwick, RI 02893
- For more info call:** Bob at (401) 206-1934, Andrea at (401) 578-0476 or Laborday5K@yahoo.com

Stay and enjoy the Holy Ghost Labor Day Parade following the race at 11:00 a.m.

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2010 Labor Day Memorial 5k Run and Walk

Make check payable to Labor Day Memorial and mail to 21 Flynn Terrace, West Warwick, RI 02893

Name _____ Age _____ Sex _____
Address _____ Phone _____
City _____ State _____ Zip _____

WAIVER: I certify that I am in good health and have trained for this event. In consideration of your acceptance of this entry, 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 organization holding this competition, their agents, representatives, successors and assignors for any injuries to me at said competition.

Signature _____ Date _____
(Signature of Parent or Guardian if entrant is under) *op*