



The Memorial 5k and 1 Mile Walk

Johnston Memorial Park

Johnston, RI

August 8, 2010

9:00 AM

It was with the memory of Jerry Musco, a good friend to me and many others, a very well known figure in the local running world and.... a former U.S. Marine, who was taken at an early age by cancer, when the realization came to me that so many other runners were taken, or affected in some way, by this same terrible disease. There should be a way we can memorialize and honor these people, and their caregivers. This was the birth of the Memorial 5K.

The Race All proceeds will go to the American Cancer Society through the Relay for Life program. All funds raised will stay in Rhode Island to help fund research and programs targeted to help patients.

The Course The 5k Race, measured by Ray Nelson, starts and finishes in Johnston Memorial Park on Memorial Lane off Route 6. The course runs along Hartford Ave. through local neighborhoods, back on Cherry Hill Rd. and back to the park. The one mile walk is completely within Johnston Memorial Park.

Registration Opens 7:30 am. **\$18** received by August 5, **\$18** on line at www.needtorace.com. **\$20** day of race. Make checks payable to: Memorial 5k (non-refundable).

Awards Cash awards (\$100, \$75, and \$50) will be presented to the top men and women overall. Awards to the top three in each age division: 19 & under; 20-39, 40-49, 50-59, 60-69, 70+.

T-shirts To all registered runners. Free raffle open to all entrants.

Directions From Route 295 North or South, take Exit 6 East. The entrance to Johnston Memorial Park is about 1 mile on the left. Limited parking available at the Park. Additional parking available at Nicholas A. Ferri Middle School.

Timing and Scoring: +Organization Plus+ Road Race Management Services

For your safety and the safety of others, USA Track & Field Association (USATF) prohibits the use of Baby **Joggers, Strollers, Pets, or Headsets** in road races. Athletes who do not comply subject themselves to disqualification.

For further information, visit www.memorial5k.org

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Mail to: Memorial 5k, P.O. Box 19003, Johnston, RI 02919

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

Email address _____ Check: 5k Run 1 Mile Walk

Waiver: In consideration of the acceptance of this entry. I hereby for myself, heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Memorial Foundation and its affiliates, The Memorial 5k, Inc., the Town of Johnston, USATF, sponsors, race officials, organizers and volunteers associated with this event for any injury that may occur as a result of my participation in this event.

Signature (parent must sign if entrant is under 18)

Date