



St. Columba's 5K Run/Walk Run for the Island 9 a.m., August 21, 2010 Middletown, RI

- 5k Race: For the benefit of Aquidneck Island charitable organizations, including:
Child and Family Services, Women's Resource Center, Seamen's Church Institute, Dr. Martin Luther King Community Center, Lucy's Hearth, McKinney Shelter, Star Kids
- Start/Finish: St. Columba's Chapel, 55 Vauclose Ave. Middletown, RI 02842
- Race Course: Beautiful course along the banks of the Sakonnet on Indian Avenue
Fast 5k course accurately measured by Ray Nelson.
- Registration: All pre-registered by Aug. 19 - \$18.00; On-line registration at:
<http://www.stcolumbaschapel.org/>
Race Day registration \$20.00.
Registration opens at 7:30. ***T-Shirts to the first 150 registrants***
- Awards: Awards to the top 3 men & women and the first man & woman in each age division: 18 & under, 19-39, 40-49, 50-59, 60-69, 70+
- Refreshments: Light refreshments following the race.

Any questions please call: Scott Nicholson @ 401-864-5740 email at scottnicholson@cox.net
For directions got to: www.stcolumbaschapel.org
Timing and Scoring by +ORGANIZATION PLUS+ Road Race Management Services

St. Columba's 5K Run/Walk Run for the Island

Please enclose check in the amount of \$18 per participant payable to:
St. Columba's Chapel, 55 Vauclose Ave., Middletown, RI 02842

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

I would like to donate \$_____ to the Aquidneck Island Charities.

I acknowledge that participating in a road race can be a potentially hazardous activity. I am medically able and properly trained to participate. I assume all risk associated with running in this event. I and/or anyone acting on my behalf waive and release St. Columba's, the race director, the sponsors and volunteers, the Town of Middletown from all claims or liabilities of any kind due to my participation in this event.

Signature _____ Date _____
(Parent or Guardian signature required if under 18 years)