



PRESENTS:

QUONSET POINT 10 MILER AND 5 K

SUNDAY, MARCH 25TH, 2012..... 10AM

Place: Toray Education and Wellness Center (EWC), 181 Cripe Street, North Kingstown, RI 02852

Course: Fast, flat loop around Quonset Point. Both courses will start and finish in front of the Toray Gym Center. USATF Certified courses.

Entry Fee: 10 Miler - \$25 5K - \$20 On line at www.active.com by March 22nd

Race Day Registration: Opens at 8:00am at the Toray Gym Center **10 Miler - \$30 5K - \$25**

Awards: First/second/third place man and woman overall in both races.
Top three male/female in 10 Miler: 19 – 29, 30 – 39, 40 -49, 50 -59, 60 – 69, 70+.
Top three male/female in 5K, 13 and under, 14 -18, 19 – 29, 30 – 39, 40 -49, 50 - 59, 60 – 69, 70+. No duplicate awards.

T-Shirts: **10 Miler** – First 200 registrants **5K** – First 100 registrants

Timing and Scoring: Organization Plus Road Management Services



Proceeds: Proceeds donated to the Wickford Sailing Association

Quonset Point 10 Miler and 5k Registration

Make check payable to and Mail to: **Wickford Sailing Association, Inc. PO Box 352, Wickford, RI 02852**

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-Mail _____ **10 Mile** _____ **5k** _____

Waiver of responsibility for Participants: In consideration of this entry being accepted, I hereby, for myself and my heirs, executors or administrators waive and release all rights and claim for damages I may have against the organization or organizations holding this event, including but not limited to the Wickford Sailing Association, Toray Plastics, for any and all injuries incurred before, during or after said race. I understand the road race is partially conducted on a public road which will not be closed to traffic and I must carefully observe all rules of consideration and safety for myself. I further understand the risk in participating in this event.

Signature (*signature of parent of guardian if under 18*) _____ **Date** _____