



RAINBOW RACE

5K Walk and 10k Run

Saturday, May 5, 2012, 9 a.m.

Richmond, RI

The Rainbow Fund was started in May, 2011, in memory of Cassie Duncan to bring awareness to Mental Health issues and to remove the dark cloud of stigmatism and fear away from mental illness and replace it with the Rainbow of Hope. All proceeds from the race will be donated to NAMI (National Alliance on Mental Illness) in hopes of getting the word out and helping as many people as possible.

Where: John and Cindy's Harvest Acres Farm
425 Kingstown Road, West Kingstown, RI 02890

Entry Fee: Pre-registration - \$20.00 (by May 3rd). Register on line at www.active.com
Race Day Registration - \$25 (fees are non-refundable)
Make checks payable to Rainbow Fund – NAMI
Mail to: John and Cindy's, 425 Kingstown Road, West Kingston, RI 02892

T-Shirts: To the first 200 entries.

Awards: Cash awards to the top 3 male & female finishers (\$100, \$50, \$25) in the 10k and special awards to the top 3 finishers in the following age categories:
19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+. Ribbons to all 5k finishers.

Course: Relatively flat courses through the scenic country roads of Richmond.
Accurately measured by Ray Nelson.

Join us after the race for awards, food, raffle prizes, fun and entertainment.

Timing and scoring by Organization Plus Road Race Management Services.

Directions: Route 95, Exit 3A to Route 138; the farm is about 3 miles on the right.

For more information contact Cindy Duncan at (401) 741-2178 or HarvestAcres@cox.net

Rainbow Race

5k Walk *or* 10k Run (check which event)

Make \$20 check payable to **Rainbow Fund – NAMI**
and mail to John and Cindy's Harvest Acres Farm, 425 Kingstown Road, West Kingstown, RI 02890

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

WAIVER Must be read and signed: I hereby release the Rainbow Fund Organizers, Sponsors, Officials and any other coordinating member association with this event from any claim of damage or injury resulting from my participation in or traveling to or from this event. I attest that I am physically fit and have sufficiently trained for this event and waive any claims or injuries suffered in said event. Further, I hereby grant permission to any and all of the foregoing to use my photograph, video, or any other record of this event for any legitimate purpose.

Signature _____ Date _____

(Signature of parent or guardian if athlete is under 18)