



Post-Race

- Awards Ceremony
- Entertainment
- Healthy Snacks and Refreshments
- HEALTH FAIR
 - health screenings
 - massage therapy
 - “Ask The Dietitian” and more!
- Raffle for awesome prizes!
(tickets for sale at event)

Help feed the hungry!



Make a healthy contribution to the food drive. Bring a non-perishable food item or cash to donate to a local food pantry and receive a ticket for the raffle. A portion of the proceeds will also be donated to St. Edward’s Food and Wellness Center in Providence and the JonnyCake Center of Peace Dale.

For additional information, contact:
RIDA at 401.264.2006
RIDA5K@hotmail.com

RHODE ISLAND DIETETIC ASSOCIATION

P.O. BOX 6892

Providence, RI 02940-6892

SUNDAY, April 15, 2012
· · **Goddard Park**
Warwick, Rhode Island .

9th Annual
Nutrition Fuels
Fitness 5K
(Walk or Run)



**Kids Fun Runs and
Kids Obstacle
too!**

RIDA
Rhode Island Dietetic Association, Inc.
www.eatrightri.org

eat right. an affiliate of the
American Dietetic Association

**9th Annual
Nutrition Fuels
Fitness 5K
(Walk or Run)
Kids Runs and
Obstacle Course
Learn Pro-athlete Drills &
Nutrition Tips!**

Date: SUNDAY, April 15, 2012

Rain or Shine!

Time: Registration opens at 8:15 AM

Kids' Events 9:30 AM

(kids' registration closes at 9:15)

5K 10:00 AM

Location: Goddard Park, Warwick, RI

Registration:

- *Pre-registration:* \$21 for 5K (\$4 for **kids** race) received by April 11 or online at **www.active.com** by April 12 (5K registration fee includes T-shirt)
- *Day of race:* \$25 for 5K (\$5 **kids** race) (kids T-shirts available in limited quantities for \$5)
- Download additional applications from **www.eatrightri.org**

5K Teams: Are encouraged to participate, with no limit to the number of people on a team. To be eligible for prizes, teams must be registered by April 11 (online April 12)

5K Proceeds will help Food Pantries and Nutrition Education & Wellness Initiatives throughout the state.

5K Awards

- Cash awards (\$100 each) to top male & female finishers overall. No double dipping.
- Awards to top 3 individual finishers in each age group (male & female)
 - 13 and under
 - Junior 14-19
 - Open 20-29
 - Sub-Master 30-39
 - Master 40-49
 - Senior 50-59
 - Veteran 60-69
 - Grand Veteran 70+
- Award to team with largest number of people participating in the 5K
- Award to the fastest male & female teams (determined by the total of the three fastest times)

Kids Events and Awards

- Awards given to **ALL** children participating in children's race
 - 0-6 years: 50 meters
 - 7-9 years: 100 meters
 - 10-13 years: 100 meters

Timing and scoring by
+Organization Plus+
Road Race Management Services

For your own safety and the safety of others, USA Track & Field prohibits the use of Baby Joggers, strollers, and headsets in road races. Athletes who do not comply subject themselves to disqualification.

Directions

From Providence: take 95 South to Exit 9 (Rte. 4). Then take Exit 8 off Rte. 4 and make right onto Division St. Continue straight to Rte. 1 and take a right. At next light, take a left and follow the signs to Goddard Memorial State Park (on Ives Road). Map available race day.

www.riparks.com/goddard.html

RIDA Nutrition Fuels Fitness 5K - Sunday, April 15, 2012 - Pre-registration Form (post-marked by April 11th)
Mail check & entry form to: RIDA 5K (P.O. Box 6892, Providence RI 02940)

Name: _____ Age: _____ Sex: _____ Check here for 5K Team Entry

Address: _____ Phone: _____ Team Name: _____

City: _____ State: _____ Zip: _____

Email: _____

Checks are payable to: **RIDA 5K**

5K -- \$21 (\$25 on race day)

Kids Events \$4 (\$5 race day)

Kids Events/t-shirt \$9 (\$10 race day)

In consideration of the acceptance of this entry to the RIDA 5K, I waive all claims for myself, my heirs and assigns, Against the race committee or race sponsors for any injury or illness which may result from my participation.

I attest that I am in a good condition and able to safely complete this event.

Signature: (if under 18, Parent/guardian) _____

I am unable to participate, however wish to make a donation in the amount of \$ _____