

JAMES 5K Off Road Race

In loving memory of Helen and Owen James

April 27, 2019

8:00 AM - RACE DAY REGISTRATION

9:00 AM - 5K RACE

REGISTRATION: Online at james5k.racewire.com or return the registration below to Attleboro YMCA James 5K, 63 North Main Street, Attleboro, MA 02703.

FEES: \$25 Before Race Day
\$30 On Race Day

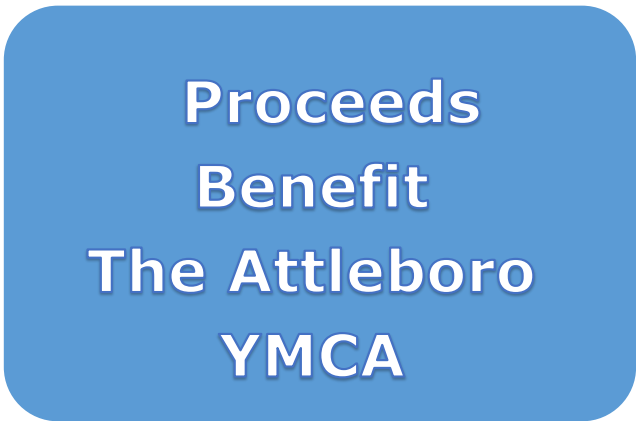
T-SHIRTS: Free to first 200 entries

START/FINISH: Mark Coogan Track located at the former Highland Country Club, Attleboro MA

RACE TIMING: Chip timing provided RaceWire

CHILD WATCH: Children can participate in the Attleboro YMCA's Healthy Kids Day activities that will take place during the race.

CHECK IN: All race-day registrations and number pick-up will take place at the former Highland County Club



NAME (Last) _____ (First) _____
TELEPHONE _____ ADDRESS: _____
CITY _____ STATE _____ ZIP _____
EMAIL: _____ DOB: _____
FEMALE: _____ MALE: _____ T-SHIRT SIZE: S M L XL XXL

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE: _____

Parent/Guardian if under 18