

**Gold's Gym Millis**  
**6th Annual Charity Road Race**  
**Sunday, May 23, 2010**  
**Kid's Fun Run 9:00AM**  
**1 Mile Run 9:30 AM**  
**5K 10:00AM**

**Start/Finish:** Gold's Gym

27 Milliston Road, Millis MA 02054

**Course:** USATF Certified 5K #MA05007RN

**Registration:** (non refundable.)

**5k- Pre-registration \$20.00, Race Day \$22.00**  
**\$10.00 for students**

**1 mile run (around Gold's Gym 6x) \$10.00 Age**  
**division (8-10, 11-12, 13-14)**

**sponsor sheets available.**

**\*\*\*Kid's fun-run \$10.00 includes t-shirt, and face**

**painting (pre-registered only**

**age division (3-4, 5-6, 7-8, 9-10)**

**Proceeds to Benefit: Gold's Gym Scholarship**  
**Fund for local teens**

Register on-line: [www.goldsgym5k.com](http://www.goldsgym5k.com)

**Send entry form and check made payable to**  
**the: Waltzman Family Foundation**

**Mail to: Gold's Gym 5K, 27 Milliston Road,**  
**Millis, MA. 02054 Postmark deadline by May**  
**16, 2010**

**Race Day Registration and**  
**Number Pickup:**

**Fun Run 8:00-8:45AM, Sunday, May 23, 2010**

**5K 8:00-9:45AM, Sunday, May 23, 2010**

**5K Details:**

**Trophies:** Top three females and males in these age groups: 8-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-and over

**T-shirts:** Free, limited edition t-shirt for the first 250 to register.

**Prizes:** All 5k participants will be entered in a free raffle. Prizes will include:

1 year membership to Gold's Gym, gift certificates from local businesses and more!

**Water Stop:** Approximate halfway point

**Post Race Activities:** Live DJ, face painting,

refreshments, massage, free raffle for registered 5k runners

**For more information:**

Call 508-269-4401 or email [katie.oconnell@verizon.net](mailto:katie.oconnell@verizon.net)



**PLEASE PRINT CLEARLY**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Gold's member?** \_\_\_\_\_

**5K** \_\_\_\_\_ **\$20.00** **5K Student \$10.00** \_\_\_\_\_

**1 Mile (\$10.00)** \_\_\_\_\_ **\*Kid's Fun Run plus(\$10.00)** \_\_\_\_\_

**Shirt Size (please circle one):** Adult **S M L XL** Youth **S (6-8) M (10-12) L(14-16)**

\_\_\_\_\_  
**Signature-Parent or guardian if under 18**

\_\_\_\_\_  
**Email address**

**WAIVER AND RELEASE**

For and in consideration of this entry being accepted, and to permit my participation in this event, with my signature above, I hereby waive and release any and all rights, claims actions or proceedings for damages or injuries I may suffer at this event or while traveling to or returning there from, which I may have against GGM, Inc. d/b/a Gold's Gym Millis, and its officers, directors, shareholders, employees, agents, representatives, successors and assigns. This waiver and release shall be binding upon myself and my heirs, successors, executors and administrators.