

Lunenburg Track and Athletic Fields Association (LTAFa) presents the 10th Annual



Where: T.C. Passios School Mass Ave. (Route 2A)
Lunenburg, MA.

Events:

- Ridin' with the Chief**.....11:00
2 Mile Safety Bike Ride with Chief Bourgeois. For kids and parents, this event is *not* a race. Helmets required. All participants will receive ribbons.
- 1 Mile Fun Run**12:00
Ribbons for all!
- 5K Run**12:30
\$100 to first place overall male and female. Commemorative mugs awarded to category winners. 10 and under, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60+
- 5K Walk**.....12:35
\$100 raffle prizes for a female and a male walker. You must be present to win. Commemorative mugs awarded to first three finishers.

Amenities:

Professional timing and results. Results will be published on www.coolrunning.com. Plenty of free refreshments and a professional DJ will provide music. **All-cotton t-shirts for the first 400 entries!** Extra shirts may be purchased on race day.

5K Memorial Run/Walk/Ride Sunday October 23, 2011

This event is dedicated to Myles John McCarron, a Lunenburg student athlete, who lost his life in 2002 while a passenger in a speeding vehicle. All race proceeds will go towards the completion of our athletic facility and to support our secondary mission, *No Need to Speed*.

This is the 10th Annual Miles for Myles. To date we have raised over \$140,000 in race proceeds and memorial donations! Thank you to all of our generous sponsors and to all of you who have participated in this wonderful community event!

**VISIT US AT OUR WEBSITE:
www.milesformyles.com**

Detach and mail

Register: One form per person, photocopies are OK. You may get extra forms on-line. www.milesformyles.com

Name.....last.....first.....

Street.....

Town.....State..... Zip.....

Male Female Age on Race Day.....

Ridin' with the Chief 1 Mile Fun Run 5K Run 5K Walk

Circle shirt size XXL XL L M S (Youth) med. lg.

Cost:

Early Entry - 5K events - \$12 adults, \$10 students
\$10 Fun Run and Bike Ride
(postmarked by 10/18 to ensure correct shirt size)

Race Day - \$15 adults, \$10 students
\$10 Fun Run and Bike Ride

Make checks payable to: LTAFa

Mail to:

LTAFA
BOX 253
Lunenburg, MA 01462

I would like to make an additional tax deductible donation of \$_____

I can not attend but I would like to donate \$_____ to this cause. 100% of your donation will go towards the track and athletic fields project and our No Need to Speed mission.

Waiver and Release of Liability

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release any and all right and claim for damages I may have against the organizations holding this event, their sponsors, agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning therefrom. I realize that the route is not closed to traffic. I hereby grant to the Miles for Myles race committee and it's affiliated agencies the right to reproduce and use my images in any manner consistent with the promotion of the race and it's mission. Such use to include, but is not limited to: publication, display, advertising, web use, broadcast, etc.

Signature.....

Parent (if under 18).....