



Sponsored by the Friends of the ACOA to Benefit the Council on Aging



REGISTRATION FORM

Race Date: Sunday, September 11, 2016 - rain or shine. Registration opens at 9 AM.

Location and Start Time: Arlington Town Hall, 730 Massachusetts Avenue, at 10 AM.

Race Fee: \$25; after 9/04/16 - \$30. First 300 entrants get event T-shirt. Race capped at 500.

"USATF CERTIFIED"

REGISTRATION: At www.FriendsArlingtonCOA.org or Active.com; OR send to Friends of the Arlington Council on Aging, Inc., 27 Maple Street, Arlington MA 02476...checks payable to: Friends of the Arlington Council on Aging.

Post-race awards, prizes, music, pizza, door prizes, and more! Day-of-race registration and package pick-up at Town Hall begins at 9:00 AM. Prizes awarded for age categories and overall female and male winners. Complete this form (please print clearly), and return to Friends of the Arlington Council on Aging.

Name: _____ **Telephone:** _____

Address: _____ **City:** _____

State: _____ **Zip:** _____ **E-mail:** _____

T-shirt Size (circle one): **S M L XL XXL** **Age:** ____ **Division** (circle one): **M F**

Team Name: _____

Waiver: I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against the race directors, organizers, the Friends of the Arlington Council on Aging, Inc., the Town of Arlington MA, volunteers and all sponsors for any and all injuries by my registration in this event. I also grant permission for the use of my name and or picture in any broadcast, photograph or other account of this race. I understand that bicycles, skateboards, roller skates or blades and animals are not allowed in the race and I abide by this guideline. All participants must sign Waiver (**have Parent/Guardian sign if under [age18]**). I, as the parent/legal guardian, state that my child is in good physical health to participate in a road race. I understand and take full risk on behalf of myself and said minor. Race management reserves the right to cancel all or part of the race for weather- related or other safety reasons. If the race is cancelled, every effort will be made to make up the race. Race fees are non- refundable.

Signature: _____ **Date:** _____

Event Organized by the Friends of the Arlington Council on Aging, Inc. We are a 501(c)(3) all-volunteer public charity, dedicated to helping Arlington's senior citizens by supporting the Council on Aging, and those assisting and providing services to senior residents of Arlington, by raising funds and helping to make the community aware of their efforts.

Course Map and more details on back!