



**20th Annual
Raynham Knights of Columbus
Charity 5 Miler
Sunday, March 14, 2010 - 10:00 A.M.**

- COURSE:** Start/Finish at the American Legion Hall on Mill St., Raynham, MA
A flat and fast 5 mile residential course. USATF Certified MA-95-016-RN
Water at 3.1 and at finish. Splits every mile
- FEE:** **\$18.00** Pre-registration online at www.needtorace.com (no extra fee, secure site)
\$18.00 Pre-registration-mail check- info on form below
\$20.00 day of race
- T-SHIRTS:** T-shirts to the first 200 **pre-registered** runners only
- AWARDS:** \$50.00 for establishing New Course Record (M/F)
Course records: Pat Tarpy – 24:43 (2009) and Heidi Westerling – 27:51 (2007)
- PRIZE \$\$\$** \$100.00 to Overall Race Winners (M/F)
\$50.00 to 2nd place M/F, \$25 to 3rd place M/F
Trophies to the 1st overall Male/Female and top M/F finishers in each age group
First Raynham resident (M/F), first member of St. Ann K of C Council 10289
Medals to 2nd & 3rd in age group and special award to oldest and youngest finishers
- AGE GROUPS:** Male/Female – 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, & 70 & over
- REFRESHMENTS:** Our famous home made Road Race Soup, salads by Wendy's, hot dogs and beverages
- SPECIAL:** Free Massage Therapy by Mary Barry, Sports Massage Therapist
- FACILITIES:** Toilet and changing facilities – NO SHOWERS.
- DIRECTION:** **From Boston** – Rt. 24 South to exit 15 (Rt. 104), bear right, 2.6 miles. At light, go straight onto Mill Street. American Legion is 1 mile on the right.
From Cape Cod – Rt. 495 North to Rt. 24 North (toward Boston) to Exit 15 (Rt. 104) left off exit, 2.6 miles. At light, go straight to Mill Street. American Legion is 1 mi. on the right.
From Worcester – Rt. 495 South to Exit 8 (Rt. 138), bear right, go 1.2 miles, take left after Milk Bottle Restaurant onto Center St. Take right at Tedeschi Market, Legion is 1 mi. on right.
From Providence – Rt. 44 East to Taunton Center. Follow Rt. 44 East toward Raynham. Take left onto Rt. 104 for Raynham/Bridgewater at Pub 99. At 4-way stop, take left onto North Main St. Go straight for 1.1 mi. Take left at Tedeschi Market onto Mill Street. American Legion 1 mi. on right.

Timing and Scoring by +ORGANIZATION PLUS+ Road Race Management Services.

For more information, contact John Donahue at (508) 822-6015 or johnmdonahue@comcast.net

**Raynham Knights of Columbus
5 Mile Charity Road Race**

Make \$18.00 check payable to St. Ann K of C and mail to: John Donahue, 195 Hickory Drive, Raynham, MA 02767

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____ E-mail: _____

T-Shirt Size (circle one-first 200 runners) Small Medium Large XL XXL

In consideration of the acceptance of this entry in the Raynham Knights of Columbus Charity Road Race, I waive all claims for myself, my heirs and estate against all officials, organizers, sponsors, the Town of Raynham, The American Legion and the Knights of Columbus for any injury or illness, which may result from my participation in this race. I also state I am in proper physical condition to compete in this race. No one may enter this race without signing this waiver.

Signature (of parent or guardian if entrant is under 18) _____