



# melrose **run**for**women**

TENTH ANNUAL · MAY 13, 2007 · MOTHER'S DAY



## 3.5 Mile Women's Only Road Race

Walkers Welcome!

### Sunday, May 13<sup>th</sup>, 2007, 9:00 AM

Pine Banks Park in Melrose, MA - Corner of Sylvan & Main Streets

The race course winds through the peaceful and scenic Swains Pond section of Melrose.



**Presented by the Melrose Running Club**

**Benefiting the Melrose Alliance Against Violence and other local charities**

**Awards ■ Refreshments ■ Post Race Party ■ Awesome Shirts to first 400 entrants**

**Pre-Entry Fee - \$17 (postmarked by May 1) / Late Entry Fee - \$20 / Kids Fun Run – FREE**

[www.melroserunningclub.com/mrfw](http://www.melroserunningclub.com/mrfw)



Use this form or register online at [www.active.com/event\\_detail.cfm?event\\_id=1397163](http://www.active.com/event_detail.cfm?event_id=1397163)

**Number Pick Up:** Saturday, May 12<sup>th</sup> at Runner's Edge, 401 Main St., Melrose 10am-5pm  
and Sunday, May 13<sup>th</sup>, Race morning at Pine Banks Park until 8:30am

Name \_\_\_\_\_  
Address \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Age (on May 13, 2007) \_\_\_\_\_ T Shirt Size (S/M/L/XL) \_\_\_\_\_

3.5 Mile Race	\$ _____
Addnl Donation to MAAV	\$ _____
<b>TOTAL ENCLOSED</b>	<b>\$ _____</b>

Age required for age category awards distribution

Email Address \_\_\_\_\_

Mother Yes  No

Grandmother Yes  No

Mother/Daughter Team\* Yes  No

\*Please list Mother/Daughter Team name here: \_\_\_\_\_

*Note: One mother and one daughter per team. Both Mother and Daughter must submit registration forms and fees.*

RELEASE: 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 race directors, The Melrose Running Club, The City of Melrose, The Commonwealth of Massachusetts, Pine Banks, sponsors, volunteers and all assigns and will hold them harmless for any and all injuries suffered in connection with this event, including but not limited to: fall, contact with other participants, effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I absolve the Commonwealth of Massachusetts and Pine Banks from any liabilities incurred on their property on May 13<sup>th</sup>, 2007. I hereby certify that I am physically fit and able to compete in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph, or other coverage of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\* Parent Signature \_\_\_\_\_

\* Required if runner is under 18 years of age

Please make check payable to: **The Melrose Running Club Road Race**

Return with payment to: **Melrose Running Club, P.O. Box 761022, Melrose, MA 02176**

Official Use Only <b>BIB#</b> _____
--