



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

ELEVENTH ANNUAL · MAY 11, 2008 · MOTHER'S DAY

3.5 Mile Women's Only Road Race

Walkers Welcome!

Sunday, May 11th, 2008, 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 - \$18 (postmarked by May 1) / Late Entry Fee - \$20 / Kids Fun Run – FREE

mrfw.melroserunningclub.com

Use this form or register online at mrfw.melroserunningclub.com/online_registration

Number Pick Up: Saturday, May 10th, Marathon Sports, 401 Main St., Melrose 10am-5pm
 Sunday, May 11th, Race morning at Pine Banks Park until 8:30am



Name _____
 Address _____ Phone (_____) _____
 City _____ State _____ Zip _____
 Email _____ T Shirt Size (S/M/L/XL) _____

3.5 Mile Race	\$ _____
Addnl Donation to MAAV	\$ _____
TOTAL ENCLOSED	\$ _____

Age (on May 11, 2008)
 required for age category awards _____

Mother/Daughter Team Info (optional)

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

Mother Yes No

Grandmother Yes No

Team Name _____

Mother's Name _____

Daughter's Name _____

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 race day. 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: **Judi Chiavetta, 103 Warren Street, Arlington, MA 02474**

Official Use Only
BIB# _____