14TH ANNUAL ARC 5K BENEFIT ROAD RACE • SEPTEMBER 14, 2008

The Arc 5K of East Middlesex

MARATHON SPORTS – SINCE 1975 – THE RUN-WALK STORE

Eastern Bank Charitable Foundation

MASSBANK – The Bank For Your Dreams

HONEY DEW DONUTS

WAINWRIGHT banking on Values

MELROSE YMCA

MELROSE RUNNING CLUB

MAYOR ROBERT DOLAN

JOSEPH S. GULINO, CPA

MCLAUGHLIN INSURANCE AGENCY

Peg and Linda O, Inc. REMAX HERITAGE

GREEN STREET PHARMACY

START

Melrose YMCA – 497 Main Street - Melrose, MA

RACES

10:15 AM - Kids Fun Run (1/2 Mile Long Race)
10:30 AM - 5K Road Race – Runners and Walkers

USA TRACK & FIELD

COST

Kids Run - $5; **5K Race -** $18 before Sept 5, $20 thereafter;
Additional Gift $_____; Total $_____.

ENTRY

Register online at **www.firstgiving.com/emarc** or Make Checks Payable To - ***"EMARC"*** and Mail to The Arc, 20 Gould Street, Reading, MA 01867. Must be received by Sept. 11.
Race Day Registration From 8:30-10:00 a.m. at the YMCA

AWARDS

Top 3 Male & Female (19-29, 30-39, 40-49, 50-59, 60-69); Top Male & Female (Under 16, 16-18 and 70+)

PICK UP

Numbers Saturday, Sept. 13 at Marathon Sports, 410 Main St. Melrose. 20% discount on purchases with number! Race Day number pick up at the Melrose YMCA

QUESTIONS? CALL 781.942.4888 Ext. 4029 OR VISIT THE WEB – WWW.THEEMARC.ORG

Last Name: First Name: Sex:

Address:

City: State: Zip:

Email:

Age (As Of 9/14/08): Adult T-Shirt Size (M, L, XL): Select A Race (Kids Run – 5K Run – 5K Walk):

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, and not limited to falls, contact with other participants, the effects of weather and traffic, all such risks being known and appreciated by me. Having read this waiver and in consideration of you accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release all sponsors, directors and other entities associated with this 9/14/08 event, from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the person named in the waiver. I grant permission to all of the foregoing to use any photographs, or any other record of this event for any legitimate purpose.

OFFICIAL USE

Signature (guardian signature required if participant is under 18) **Date**