

Medford Fit For Life

5k

Sunday, Sept. 20th 10AM

Join us for a 3 mile walk/run starting and finishing at
Medford High followed by:

Prizes

* Donated by local area businesses

Food

* Catered by Raso's

Music

*DJ Dave McCourt



**Event Proceeds Will Be Donated In
Memory Of Officer Patrick Fahey**

~For a registration form go to
www.medfordfitforlife.com or e-mail
medfordfitforlife@yahoo.com

Race Organizers:

**Ann Marie Cugno, Kristin Howell,
Breanna Lungo-Koehn
Jack Dempsey, Allison Goldsberry**

Medford Fit For Life 5K*

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Step 1: Please fill in all information and write neatly

First Name Last Name

Address

City State Zip E-mail Address

Gender: M F Age as of 6/08/09 _____ Phone Number: _____

T-Shirt (please circle): XS S M L XL

Entering (please circle): 5K Run 5K Walk

Step 2: Review and sign waiver

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Medford Fit For Life 5K, City of Medford, Medford School Department and the Medford Family Network its affiliates, and subsidiaries, and their respective officers, directors, employees, sponsors, coordinating groups and any individually associated with Medford Fit For Life 5K, City of Medford, Medford School Department and the Medford Family Network. I will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, or any other record of this event for any legitimate purpose.

Signature: _____
(A guardian signature is required if entrant is under 18 years of age)

Step 3: Send payment, completed application and/or any donations to:

Medford Fit For Life 5k
Suite 402
43 Riverside Ave.
Medford, MA 02155

Checks are payable to: **Medford Fit For Life 5k/C/O/MFN**

Please Submit Via Mail By Friday, Septmber 18, 2009 To Receive Pre-registration Discount

Please e-mail questions to medfordfitforlife@yahoo.com

Entry Fees (non refundable)

*Pre-registration	\$15	*Children (ages 6-12)	\$6.00
*Late Registration	\$18	*Children under 6	Free

***All proceeds will be donated in loving memory of
Medford Police Officer Patrick Fahey***