

**Saturday, May 15th, 2010**  
**Race Time: 10 am**  
**Race Day Registration: 8 am**

**The Junior Aid Society**

# beach to beach 5K Run

**Presenting Sponsor:**



**Associate Sponsors:**

Burn	Full Potential Chiropractic
Cabot	La Belle Femme
Chakra	Stephanie Moio of
Fastenal	William Raveis Real Estate

*The Junior Aid Society benefits women's and children's charities on the North Shore.*

## **Brand new, certified course!**

Begins at Devereux Beach in Marblehead  
Race professionally timed by North Shore Timing.  
Strollers and walkers welcome!

**REGISTER TODAY!** First 150 get a free t-shirt!  
Visit [junioraidsociety.org](http://junioraidsociety.org) or mail back this flyer.

Register early by May 10th.

Mail check payable to The Jr. Aid Society, Inc.  
to PO Box 233 Marblehead, MA 01945.

Or register at [junioraidsociety.org](http://junioraidsociety.org).

Online registration powered by active.com.

Adults 18+: \$17 early registration; \$20 day of event;  
Children 6-17: \$8 early registration; \$10 day of event

name \_\_\_\_\_ age \_\_\_\_\_

address \_\_\_\_\_

city \_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

circle: Male Female shirt: Adult Child size: S M L XL

email \_\_\_\_\_ phone \_\_\_\_\_

I know that running in a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by the decisions of a race official relative to my ability to safely complete the race. I assume all risks associated with running in this race including but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and for anyone entitled to act on my behalf, waive and release The Junior Aid Society, its members, directors and officers, the event sponsors and any individuals associated with this event from all claims and liabilities. I hereby grant full permission to The Junior Aid Society and the event sponsors to use my photographs, video tapes, motion pictures, recordings or other record of this event for any legitimate purpose.

signature \_\_\_\_\_ Parent signature required if under 18.

Please refrain from bringing dogs to this event.