

16TH ANNUAL APPLEFEST 5K ROAD RACE



Saturday, September 26, 2009 - 10:00 A.M.

Loop Course Starting at the Zeh School, 33 Howard Street, Northborough, MA (Directions Below)

- Course:** Measured 5K course along scenic country roads
- Start/Finish:** Zeh School, 33 Howard Street, Northborough, MA
- Amenities:** Well marked and monitored course. Post race refreshments. Prizes to all top finishers. Applefest parade and displays following the race (12:00 Noon)
- T-Shirts:** Free to pre-registered runners
- Time and Scoring:** Yankee Timing (Walkers are welcome, but will not be timed.)
- Registration:** T-Shirt pick-up and race day registration begins at 8:30 A.M. at the Zeh School
- Fees:** \$15.00 Pre-registration (Entry Forms received before September 18)
\$20.00 Registration (Entry Forms on/after after September 18)

Make checks payable to:

Corridor Nine Area Chamber of Commerce
30 Lyman Street/P.O. Box 1555, Westborough, MA 01581 ** Tel: 508-836-4444

DIRECTIONS TO SITE:

- From Points East: Take I-290 West to Exit 24 (Church St./Northborough/Boylston). Turn left at end of ramp. Travel 1.7 miles on Church Street to Howard Street on left.
- From Points West: Take I-290 to Exit 24 (Church St./Boylston/Northborough). Merge right with traffic at end of ramp. Travel 1.6 miles on Church Street to Howard Street on left.
- From Route 20: Take Route 20 to Northborough Center. Between CVS Pharmacy and Mobil gas station is Church Street. Turn onto Church Street, Howard Street is 0.3 miles up on the right.



Entry Form

Please enter me in the Applefest 5K Road Race. I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant in the Applefest 5K Road Race, I hereby, for myself, my heirs executors and administrators, release and discharge any and all individuals and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I will not participate in the Applefest Road Race's 5K unless I am physically fit and sufficiently trained for competition in the race. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this race. I understand that bicycles, skateboards, baby joggers or strollers, roller skates or blades, animals and radio headsets are not allowed in the race and I will abide by this guideline.

Signature: _____

Name: _____

Address: _____

Town, Zip Code: _____

Phone Number: _____

Running Club or School _____

USAT&F Reg# (if applicable) _____

Age on day of race _____

Male Female

T-Shirt Information:

Small

Medium

Large

Extra Large