Gold Star Run For Honor
5K/10K

April 24, 2010 at 9am (8am reg.)

"In Honor of Swampcott Native SPC Jared Raymond"

Pre Reg Costs: $25 - Jared's Team $35

Post Reg. (After April 15)Costs : $30 - Jared's Team $40

Location: Swampscott High School, Swampscott MA

Categories: Overall Male & Female & Top three in each age group
Under 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Post Race: Refreshments, awards ceremony and raffles from local merchants

"All Proceeds will benefit the Jared Raymond Scholarship Foundation"

Information: Contact Brandi Dion, B&S Fitness (978) 204-8588

Email: BnSFitness@yahoo.com or info: www.BnSFitness.com

THANK YOU SPONSORS

Swampscott Police Association, B&S Fitness Programs, B&S Sport Science

Last,

First Name ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ Male ☐ Female ☐

Address ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Team Jared Runner ($10) ☐ Military/Police ☐ Walker ☐ City, State ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Zip Code ☐☐☐☐☐ Date of Birth ☐☐☐☐☐☐ Shirt Size S ☐ M ☐ L ☐ XL ☐

Email ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ Age on Race Day ☐☐ (<18 needs parent/guard sig.)

This waiver must be read and signed in order to be registered.

In consideration of this entry being accepted, I hereby for myself, heirs, executers and administrators waive and hereby release any and all rights and claim for damages I may have against the City of Salem Park and Recreation Department, B&S Fitness Programs LLC, of any and all injuries suffered at said event, while traveling to or returning there from.

Signature: _____ Date: _____

Parent/Guardian Signature (if under 18):_____ Date: _____

Please mail registration form to

B&S Fitness Programs LLC

C/O Gold Star

15Maple St, Salem MA 01970

B&S Fitness Programs