



YPD BLUE 5K - Run for a Reason

2nd Annual 5K Run & Walk
Sunday, May 17, 2009 11:00 am
Race Location: Skipper Restaurant, 152 South Shore Drive
South Yarmouth, Massachusetts 02664
www.ypdblue5k.com

Cash Prizes for Top Male & Female Runners Overall
Awards for Top 3 Finishers in Each Division
Special Awards for Fastest Male & Female Police Officers & Firefighters
Professionally Timed, Scenic, Flat Route along Nantucket Sound and Bass River
Free Pre-Race Stretching Clinic led by Satin Wellness
Free Burgers and Chowder after the Race, compliments of the Skipper Restaurant
Walkers Welcome! A Fun Family Friendly Event! Strollers and Baby Joggers Welcome!

Race Benefits: National Law Enforcement Officers Memorial Fund, Cape Cod & Islands Department of Children and Families, and the Yarmouth Police Relief Association

For sponsorship information, please contact Steven G. Xiarhos, Yarmouth Police Relief Association, 1-508-775-0445 extension 150, sxiarhos@ypdblue5k.com

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YPD BLUE 5K – Run for a Reason RUN & WALK RACE APPLICATION – Please Print

First Name: _____ **MI:** ____ **Last Name:** _____

Address: _____ **City:** _____ **State:** ____ **Zip:** _____

Telephone: (____) _____ - _____ **E-mail:** _____

Age on 5/17/09: _____ **Gender:** M/F ____ **Check one: Runner** ____ **Walker** ____

If you are a Police Officer or Firefighter, please check here: ____ **Agency/Dept.** _____

1st 100 Registrants Get a FREE T-Shirt! Size (circle one) M L XL

Entry Fee: ____ \$15.00 by mail before 5/4/09 or ____ \$20.00 Race Day. Please make check payable to and mail to: **Attn: YPD Blue 5K, Yarmouth Police Relief Association, One Brad Erickson Way, West Yarmouth, Massachusetts 02673**

Please Read Waiver Before Signing:

In consideration of acceptance of my entry the undersigned hereby, for myself, my heirs, successors, assigns, executors, and administrators hereby waive and release all claims for damages for injuries or any other loss which may arise or result from my participation in the YPD BLUE 5K Race (the "Event") against the following entities and parties: The Town of Yarmouth, the Yarmouth Police Relief Association, Inc., Event sponsors, Event charitable beneficiaries, Event volunteers, including with respect to each of the foregoing their representatives, successors, agents, employees, servants, directors, and officers (collectively the "Released Parties") including such injuries caused by the negligence, gross negligence, or other fault of the Released Parties or any one of them. I understand that participation in road race events is an inherently dangerous activity with a risk of serious injury or death. I represent that I am physically fit and sufficiently trained to safely participate in and complete this Event as a foot race entrant, and that a licensed physician has verified my fitness for this Event. I hereby authorize the Released Parties to use my likeness in photographs, motion pictures, video or digital recordings, or any other form of video or audio recording for the purpose of reporting or promoting this or similar events.

X _____ **Date:** _____

Signature of participant or parent/guardian if under 18 years