

Rhody's Run For the Troops



5th Annual 5K Road Race and Walk



Bonnet Shores - Off Rt 1A - Narragansett RI

All proceeds from "Rhody's Run for the Troops" will benefit
"Pack It Up"

which for the past five years has sent care packages to our
New England troops currently deployed overseas.

Sunday, October 11, 2009

10:00am - 5K Race & Walk

There will be races for the kids (12 and under) after the 5K Race.
\$2.00 entry fee per child—pay that day

Start: Race will start at the Bonnet Shores Community Center,
130 Bonnet Shores Road, off Rt 1A in Narragansett RI

Entry: **\$20** Entry fee
For online registration, additional entry forms and course map,
go to www.packitup.org. Mail in entries by October 8th
Day of race entry: **\$20** Kids Races - **\$2** per child

T-shirts: Guaranteed to first 200 entrants, as available on race day

Timing: **+Organization Plus+** Road Race Management Services

Course: 5K course measured by Ray Nelson. Called the "loop" - rolling
course, great ocean views.

Awards: Prizes will be awarded to runners in these categories: Overall top
male and female and top male and female in each of these
categories: Junior (under 19), Open (19-39), Master (40-49),
Senior (50-59), Veteran (60+) (No duplicate prizes)

Amenities: DJ, free food and beer (while it lasts), water stop, indoor bathrooms, post race party,
kids races & post race raffle

Questions: Email Kristin Struck at kris@packitup.org or call 617-429-7462

Sorry - no baby joggers, dogs or strollers allowed in the race chute (finish line) due to our insurance policy.

5th Annual Rhody's Run for the Troops

5K Race (Walkers welcome!)

Sunday, October 11, 2009 at 10am

Send entry form and \$20 check payable to: Pack It Up, 500 Randolph Ave Milton, MA 02186

Name _____ Age _____ Sex _____

Address _____ Phone _____

City _____ State _____ Zip _____

E-mail: _____

Waiver Must Be Read and Signed Before Mailing: I hereby release the Pack it up organization and the "Rhody's Run for the Troops" Organizers, Sponsors and Officials from any claim of damage or injury resulting from my participation in or traveling to or from this race. I attest that I am physically fit and have sufficiently trained for this event and waive any claims or injuries suffered in said event.

Signature (Parent or Guardian if under 18)

Date

Special Raffle Info:
We will be holding a raffle after the race for sporting event tickets, restaurant gift certificates, and lots more! You can earn **FIVE** raffle tickets by bringing any of the following items on race day. These items will be sent directly to our servicemen and women.

FIVE TICKETS IF YOU BRING any of the following: adult size football, basketball or soccer ball, two pounds of Dunkin Donuts Coffee—(GROUND, not beans), a current release DVD, a Red Sox or Patriots long sleeved T Shirt.

All items must be **new, unopened and never used**. We cannot accept used items.
Thank you for your cooperation.