

Come join the fun at...

HMEA's 7th Annual

# Independence 5K Walk/Run in the Park



**To Register:** Pre-registration is strongly encouraged and recommended. Mail this form, along with your registration fee(s) to HMEA no later than May 12, 2008. Your registration fee includes a tee-shirt, lunch, and all of the day's events.

**To Check-in:** Please arrive at EMC, 50 Constitution Boulevard, Franklin, MA at 10:00 A.M. If you are pre-registered please report to the Runner's pre-registration table to pick up your tee shirt and number(s). If you are NOT registered please go to the Runner's day of Registration table to register and to receive your tee shirt and number.

## RUNNER'S REGISTRATION FORM

*please print*

Name: \_\_\_\_\_

TEAM Name (if running as a team member): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime phone:( \_\_\_\_\_ ) \_\_\_\_\_ Evening phone:( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address: \_\_\_\_\_

### I/WE REGISTER AS:

Individual: \$19.00 (pre-registration) or \$25.00 (day of the race)

A team (4 people): \$65.00 (pre-registration) or \$85.00 (day of the race)

\$15.00/person per team additional pre-race OR \$20.00/person per team additional day of race

–OR– register on line at [www.coolrunning.com/hmea](http://www.coolrunning.com/hmea)

If you are in the 70 & Over category there is NO registration fee required.

### REQUIRED INFORMATION:

My tee-shirt size is...(adult sizes):

small  medium  large  x-large

Entry forms without age and gender WILL NOT be accepted or eligible for age group awards

GENDER:  Male  Female

AGE GROUP (both male and female)

12 & under  13-18  19-29  30-39  40-49  50-59  60-69  70 & Over\*

\*If you in the 70 & Over category there is **NO** registration fee

I would like to enter my child in the **Kids Fun Run** (100 yd. dash): AGE:  4-7  8-10

Tee-shirt size is...(youth sizes):  small  medium  large

### PAYMENT METHOD:

Cash/Check. Amount enclosed: \$ \_\_\_\_\_ .

Charge:  Visa  MasterCard  American Express Amount to Charge: \$ \_\_\_\_\_

Account Number: \_\_\_\_\_ CID#: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

The event is hosted by our friends at...

**EMC<sup>2</sup> Corporation**

50 Constitution Boulevard  
Franklin, MA 02038

**Sunday, May 18, 2008**

Registration at: 10:00AM

Steps Off at: 11:00AM

(Kids "Fun Run" at: 12:30PM)

ALL proceeds benefit children and adults  
with disabilities supported by HMEA

For information about this fun-filled family day  
please visit [www.hmea.org!](http://www.hmea.org!)

### WAIVER AND AGREEMENT TO RELEASE AND HOLD HARMLESS

In consideration of being accepted as an entrant in HMEA's Independence 5K, I hereby affirm, acknowledge and agree as follows:

1. To assume all responsibility for any and all damages to, or theft of my personal property or any bodily injury that may occur to me arising or resulting from, or incident to, my participation in the HMEA Independence 5K.
2. To release and forever hold the following harmless of myself, my heirs, executors and administrators from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, arising or resulting from, or incident to, my participation in HMEA's Independence 5K; HMEA, the town of Franklin, Park Development Corporation any and all sponsors and their respective trustees, directors, employees and agents.
3. To grant permission for the use of my name and/or picture in any broadcast, photograph, video or other account of the HMEA Independence 5K
4. That children 14 and over can participate alone in HMEA's Independence 5K if they have a parent/guardian's permission. Those under 14 must be accompanied by an adult.
5. To make every effort to meet the fund-raising goals set forth in the brochure and to make all payments to HMEA by May 18, 2008

X \_\_\_\_\_ Date: \_\_\_\_\_

SIGNATURE (OR PARENT/GUARDIAN IF PARTICIPANT IS UNDER AGE 18)

Do **YOU** know someone  
who wants to walk in the  
7th Annual Independence 5K?  
Go online to  
[www.firstgiving.com/hmea](http://www.firstgiving.com/hmea)  
and find out how they  
can become a  
**SUPER FUNDRAISER!**

Please return completed form and registration fees to: Linda Conley, HMEA, 8 Forge Park East, Franklin, MA 02038 by 5/12/08