



12th Annual
 Michael's Run
 5k Run/Walk
 Saturday, October 3rd, 2009
 Hopkinton, MA
Featuring a Live DJ!



What: The 12th Annual Michael's Run to Benefit the Hopkinton Respite Center.

Where: Hopkinton Common, Route 135.

When: Saturday October 3rd, 2009. Registration starts at 10am, race starts at 12 Noon.

Why: Michael Lisnow was born 16 weeks premature, weighing just over a pound. As a result of his premature birth, Michael had cerebral palsy and was blind. He touched the lives of countless people with his smile and laugh. Through this run the Spirit of Michael lives on and we celebrate the time he was able to spend with all of us. All proceeds from this event will be donated to the Michael Lisnow Respite Center of Hopkinton. Make checks payable to *The Respite Center*, 112 Main St., Hopkinton, MA 01748. For more information on the Respite Center please visit our website at www.hopkintonrespice.com or call (508)435-1222.

Fee: \$20/person pre-registered barbeque and awards following the race. \$5/person for the barbeque only.
 \$25/person day of race

Awards: Top 3 males and top 3 females in the following categories will receive an award:

13 and under, 14-19, 20-30, 31-40, 41-50, 51-59, 60+

In consideration of this entry being accepted, I do hereby forever waive and release the Sponsoring organization, companies, agents, representatives, assigns and successors from all claims of action, which I at any time acquire as a result of participation in the event for which this entry relates.

First Name: _____ Last Name: _____ Sex: M F (Circle One)

Street Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: (____) _____ - _____

Date of Birth: ____/____/____ Age (Day of Race): _____ Shirt Size: _____

Signature: _____ Date: ____/____/____

(If under 18, parent or guardians signature is required)