East Providence Firefighters Freaky 5k

Sunday October 24, 2010

Run along the fast, one uphill, USATF sanctioned and certified course (RI06007RN) through historic Rumford. Tasteful costume are encouraged. Running in costumes could get you on the 2010 t-shirt. Performance by the RI Professional Firefighters Pipe and Drum Band. Post race festivities featuring Fire House Chili and Hot Dogs, awards presentation, music and raffle. Cheer on your favorite firefighter in the Hot Dog eating contest.

Where and When

East Providence Fire Station 3 - 30 N. Broadway, Rumford, RI.
Sunday October 24, 2010 at 10:00 am

Awards

will be presented on race day to the overall male and female winners, top three male and female runners in six age categories, top male and female East Providence residents, best costumed runner, top male and female firefighters

Directions and Parking

From 195 East, take exit 6 (Broadway) turn right onto Warren Ave. Turn right at next light onto Broadway follow 2 miles to Station 3 (on right). From 195 West, take exit 6 (Broadway) turn right onto Broadway follow 2 miles to Station 3 (on right). Parking will be available to the rear of the fire station.

Registration

Register online at http://www.epfdfreaky5k.com/ or fill out and mail the form below.

Name

Address

Town

State ZIP Tel — —

E-Mail

Gender: Male___ Female___ Firefighter___

*T-Shirt size _____ (T-Shirts guaranteed to the first 350 registrants: size preference not guaranteed)

Please Make Check Payable to: EPFD Local 850 Road Race

Postmarked prior to October 15, 2010: $20.00 Postmarked after October 15, 2010 and on Race Day: $22.00

Mail to:

East Providence Firefighters Local 850
PO Box 14355
East Providence, RI 02914

Waiver Must Be Read and Signed Before Mailing:

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release East Providence Firefighters Freaky Five K, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. Sorry, no baby joggers, strollers or pets allowed in the race due to our insurance policy.

Signature (Parent or Guardian if under 18)_____ Date_____