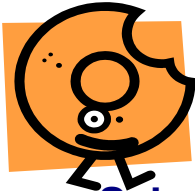


Answer **is** Fitness™

1st Annual 'Run for Donuts' 5K & Kids Run **Sunday, September 20th, 2009**



Schedule of Events

7:00 a.m. Volunteer check-in

8:00 a.m. Check-in, Registration & coffee

8:45 a.m. Kids Run Line-up

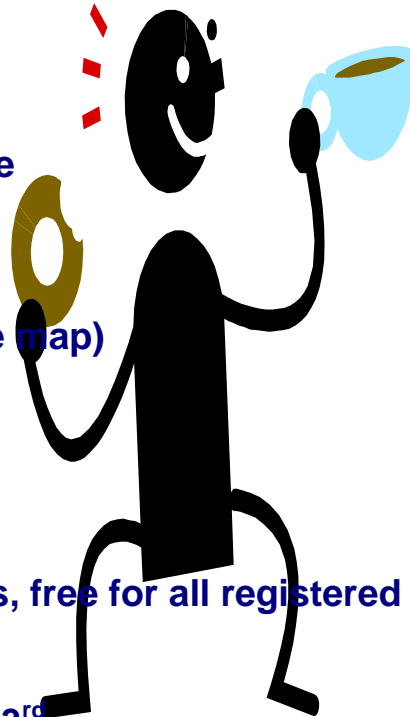
9:00 a.m. Kids ½ Mile Run (see the route map)

9:45 a.m. 5K Line –Up

10:00 a.m. 5K Start

10:00 a.m. to 12:00 p.m. Family activities, free for all registered participants!

- ❖ Kids & Adult Prizes for 1st, 2nd & 3rd
- ❖ Award for Every runner under 12
- ❖ Kids Bouncy Castle
- ❖ Music by DJ
- ❖ USATF timed
- ❖ Ice Cream Truck (10 am – noon)
- ❖ Donuts, Donuts, Donuts!!!!



Questions? Email; results@answerisfitness.com

Answer is Fitness™

1st Annual 'Run for Donuts' 5K & Kids Run Sunday, September 20th, 2009

Mark your calendars for the **First "Will Run for Donuts" 5 K & Kids Race**. This is sure to be a great community event that your whole family can enjoy. Cool Prizes, Yummy food, Groovy music, kids' activities and 100% of proceeds benefit **Tedy's Team & The American Stroke Association**

Location: Answer is Fitness / 15 John Dietsche Blvd
North Attleboro, Ma, 02760

Schedule: 9:00 AM 1/2 Mile Kids Run (12 & Under)
10:00 AM 5 K Run

Number pick up: Sat., 9/19 from 10 AM - Noon at Answer is Fitness or at race site 9/20 at 8:00AM.

Register Early: Mail to : Donut Run, Answer is Fitness, 15 John Dietsch Blvd, North Attleboro, Ma, 02763

First Name:

Last Name:

Age:

D.O.B: (MM DD YY)

Sex: Male Female

Street Address/PO Box:

City:

State:

Zip Code:

Email:

Select Race:

5K

1/2 Mile Kids Run

Fees: 5K, \$20 before 9/15

\$22 After 9/15

Kids Run \$5 Make checks payable to **Answer is Fitness**.

Agreement: Be sure to read and sign below. In consideration of this entry form being accepted, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages against the Answer is Fitness and any and all sponsors, contributors and organizers of this event. Sign below to accept agreement. If under 18, parent or guardian must sign.

Signature: _____ Date: _____