

The Andrea Holden 5K Thanksgiving Race

November 26, 2011 / Saturday, 10 a.m.

Sponsored by: **BREAKAWAY**

This popular community **RUN / WALK** welcomes all and is held each year on the Saturday after Thanksgiving. All funds raised are to benefit the health and well-being of children in the Mid-Cape area and to fund Annual Scholarships at D-Y and Cape Cod Tech High Schools. The Start, Finish, and Post Race Party will be held at THE DENNIS INN, Scarsdale Rd.

2009 Major Project: Good Grief Program

2010 Major Project: Children's Cove

Pre-Registration Fee: \$15. / Family (kids under 17): \$50. Race Day Registration: \$20 / Family (kids under 17): \$55. **REGISTER:** **ON-LINE** www.andreaholden.org or **FILL IN THIS FORM** and mail with check to The Andrea Holden Thanksgiving Race P.O. BOX 542 South Dennis, MA 02660. You may register on the **DAY OF THE RACE** (note higher cost.) Make checks payable to The Andrea Holden Thanksgiving Race.

Categories: **12 and under**, **Youth** (13-18), **Open** (19-29); **Adult** (30s); **Master** (40s); **Senior** (50s); **Vet** (60s); **Super Vet** (70+). Additionally, there is a side competition of police and fire dept. teams for the RESCUE CHALLENGE CUP determined by the sum of the time of the top 3 runners. (Please ID town and department.)

Long Sleeve Race T-Shirts are not included in registration fee but are available for \$15. Each (S,M,L,XL)

Name (s)	<u>E-MAIL</u> or Address	M/F	Age	Rescue Challenge Cup	Shirt Size \$15. extra	Tot. Amt.
1.						
2.						
3.						
4.						
5.						
6.						

I would like to donate \$ _____ above the race fees, etc to the Andrea Holden Foundation, Inc. All gifts are tax-deductible. All money raised goes entirely to the mission of the Andrea Holden Foundation. There are no paid persons or organizations.

WAIVER: I know that running in a road race can be a potentially hazardous activity. In consideration of my acceptance of this entry I / we intend to be legally bound hereby for myself, my heirs, executors, and administrators waive and release any and all rights, claims or other damages against Race Officials, Board of Directors, Sponsors, Volunteers, or the Town of Dennis or their agents. I also understand that there are no refunds of the circumstances including a cancellation due to poor weather directed by Race Officials. I also agree that all merchandise ordered and prizes won must be picked up on the day of the race. Signature(s): _____

Radio spots are donated by the Cape Cod Broadcasting Company.