

**8th Annual West Island
5K Run/Walk & Kids Mile Fun Run**

Sunday, April 28, 2019

10:00 A.M. – Kids 1 Mile Fun Run; 11:00 A.M. – 5K Run/Walk
41 Causeway Road, West Island, Fairhaven, MA 02719

*All proceeds go to the Fairhaven High School Cross Country program
& the non-profit Strive and Achieve (www.striveandachieve.org)*

Course: Mostly flat and fast loop throughout scenic West Island with a fast downhill start and a challenging uphill finish. **USA Track & Field Certified Course: MA13007JK**
Male Record – Riley Macon: 15:20 (2018); Female Record – Anne Preisig: 18:28 (2014)

Registration: Online at WestIsland5K.org or complete the registration form below. Make your check out to “West Island 5K” and mail to 193 Cottonwood St., Fairhaven, MA 02719

Race details and updates available at WestIsland5K.org

Registration and Number Pick-up: 41 Causeway Road, Fairhaven, MA

- Saturday, April 28, 2:00-6:00 P.M., Sunday, April 29, 8:30-10:45 A.M.

Events: **Kids Mile Fun Run: 10:00 A.M.**
5K Run/Walk: 11:00 A.M.
Awards Ceremony/Raffle: 12:15 P.M.

Awards: Overall Male/Female Finisher; Top 3 Male/Female Age Group Finishers
• Age Categories: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Entry Fee: Kids Mile Fun Run: \$5.00 – all kids, anytime!
5K Run/Walk: \$15.00 – K-12 students registered prior to April 15th
\$20.00 – K-12 students registered after April 15th
\$20.00 – Adults registered prior to April 15th
\$25.00 – Adults registered after April 15th

**** Technical Shirt or Beach Towel guaranteed to the first 500 5K Run/Walk registrants ****

**** Special Memento to all Kids Mile Fun Runners ****

Cut and send form below

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Event: 5K Run 5K Walk Kids Mile 5K Shirt: Adult or Kids: S M L XL
OR Beach Towel:

Name (Print): _____ Age (on race day): _____ Sex: M F

Address: _____ City/Town: _____ State: _____ Zip: _____

Phone: _____ Provider: _____ (for text results): E-mail: _____

WAIVER AND ASSUMPTION OF RISK:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running including but not limited to falls, contact with other participants, the effects of the road and traffic; all such risks being known by me. Having read this waiver and knowing these facts, I, for myself, and my heirs and assigns, and anyone else entitled to act on my behalf, do waive and release the West Island 5K Race Committee, the Town of Fairhaven, and all sponsors, their directors, officers, and volunteers from all claims of liabilities of any kind or nature whatsoever arising out of my voluntary participation in this race, even though that liability may arise from negligence or carelessness on the part of the persons named in the waiver.

Signature (Parent if under 18): _____ Date: _____