

5th Annual Medford Fit For Life 5k

Sunday, Oct. 2nd 10:00 AM

Registration Starts at 9:00 AM

Join us for a 3.1 mile walk/run starting and finishing at
HORMEL STADIUM followed by:

Prizes

* Donated by local area businesses

Food

* Catered by Raso's

Music



**Event Proceeds Will Be Donated In
Memory Of Officer Patrick Fahey**

~For any questions, please call

Breanna Lungo-Koehn at (781) 874-0011 or

Ann Marie Cugno at (781) 396-1783, or e-mail

Blungo2001@yahoo.com or cugnocares@comcast.net

Check out our Website: www.fitforlifemedford.com.

Race Organizers:

Ann Marie Cugno, Kristin Howell,

Breanna Lungo-Koehn

Jack Dempsey, Allison Goldsberry

5th Annual Medford Fit For Life 5k **Sunday, October 2nd, 2011**

Step 1: Please fill in all information and write neatly

First Name Last Name

Address

City State Zip E-mail Address

Gender: M F Age as of 10/02/11 _____ Phone Number: _____

T-Shirt (please circle): XS S M L XL
(Only those who pre-register will be guaranteed a T-shirt)

Entering (please circle): Run Walk

Step 2: Review and sign waiver

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Medford Fit For Life, City of Medford, Medford School Department and the Medford Family Network its affiliates, and subsidiaries, and their respective officers, directors, employees, sponsors, coordinating groups and any individually associated with Medford Fit For Life, City of Medford, Medford School Department and the Medford Family Network. I will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, or any other record of this event for any legitimate purpose.

Signature: _____

(A guardian signature is required if entrant is under 18 years of age)

Step 3: Send payment, completed application and/or any donations to:

Breanna Lungo-Koehn
c/o Medford Fit For Life
36 Massachusetts Ave
Medford, MA 02155

Checks are payable to: **Medford Fit For Life 5k/C/O/MFN**

Please Submit Via Mail By Monday, September 26, 2011 To Receive Pre-registration Discount and to be guaranteed a t-shirt.

Please e-mail questions to blungo2001@yahoo.com

Entry Fees (non refundable)

*Pre-registration	\$15	*Children (ages 6-12)	\$7.00
*Late Registration	\$20	*Children under 6	Free

***All proceeds will be donated in loving memory of
Medford Police Officer Patrick Fahey***