

The Wellfleet Recreation Department Presents:
TENTH ANNUAL "SHUCK AND RUN" OYSTER FESTIVAL
5K ROAD RACE AND CHILDREN'S FUN RUN
VOLUNTEERS GREATLY APPRECIATED!

SUNDAY OCTOBER 16, 2011 9AM— 5K, (5-Kilometer) Adult Road Race

(T- shirts limited to first 100 entrants-15 and older)

Prizes given to first second and third place, First Wellfleet Resident, First Race Walker male and female.

Results available on www.coolrunning.com

10:00 AM 1.4 mile Children's Fun Run For ages 5-14

(T-shirts limited to first 50 entrants-14 and under)

This is a timed fun run with prizes given to all participants
ALL CHILDREN UNDER AGE SIX MUST HAVE AN ADULT RUN WITH THEM

Course: : Begin at Mayo Beach parking lot, run along Wellfleet Harbor to the Chequessett Yacht and Country Club and back.

Children's Course: Children's course from Mayo Beach parking lot to Chequessett Neck Road and back.

Number pick-up and pre-registration: **BE EARLY!**

Shirts and numbers will be available for pick up on Friday October 14 from 4-6 PM, and Saturday October 15 from 11 AM- 1PM at the Baker's Field Rec. Building. It will also be possible to register for the race at this time or on Race Day October 18 at the Baker's Field Recreational Building on Kendrick Avenue beginning at 7:30 am for the Adult race and 9:00 am for children's race.

Entry Fee: Adult Race--\$18.00 (including T-shirt) Children's Race-\$12:00 (including T-shirt)

Mail entries to: Recreation Department, 300 Main Street, Wellfleet, Ma 02667; or, drop off at The Wellfleet Town Hall, 300 Main Street, Monday through Friday 8 AM- 4 PM.

Checks or Money Orders to: The Town of Wellfleet

.....DETACH.....

"In consideration of this entry being accepted, I the undersigned, intending to be legally bound, for myself, my heirs, Executors and administrators waive and release any and all rights and claims for damages I may have against the sponsors of the Town of Wellfleet, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have been sufficiently trained for the completion of a race of this distance and difficulty."

NAME _____ DATE OF BIRTH _____ AGE _____ M/F.

ADDRESS _____ CITY/TOWN _____ STATE _____ ZIP CODE _____

TELEPHONE _____

Signature

Signature Parent/Guardian if under 18 (required)

T-shirt Size: Kids: M, L, Adult; S, M, L, XL. Do you reside in Wellfleet 10 months a year? YES/ NO.

Are you a Race Walker? YES/NO.