



2nd Annual

Alexander Handy Memorial 5K Walk/Run



Saturday, September 11 • 8:00am • Medway VFW

Please join us for a family-friendly event with food, entertainment and prizes.
Well-marked course with mile markers

Presented by: The Alexander Handy Memorial & Scholarship Foundation
All proceeds benefit scholastics and safety in Medway, MA

www.projectalex.net

Course: USATF-certified 5K course with timed mile markers. Loop course on back roads, rolling hills, mile marker splits. Professionally timed. Race Services provided by Accu-Spec. Start of race: VFW parking lot (see map).

Entry Fee: Child (14 and under): \$5 with non-perishable food item • Adult (15 and over): \$20 pre-registration received before Sept. 3, 2010; \$25 day of race. Long sleeve t-shirt to the first 150 registrants, first come first served.

Registration: 7:00am (pick up bib numbers) • **Race starts:** 8:00am

Awards: Refreshments, post race raffles and prizes (drawn at random). Prize to the overall male and female winner. First and second place prizes in the following age groups: under 19, 20-29, 30-39, 40-49, over 50.

Race Director: Ann Handy (508) 254-4836 • Email: ahandy1@comcast.net

Please print clearly, complete the form below, make checks payable to Project Alex and mail to 11 Lee Lane, Medway, MA 02053

① First _____ Last _____ [] Runner [] Walker Gender: [] male [] female
 Signature required (parent or guardian if under 18 years) _____ Age on Race Day: _____
 Address _____ Email: _____ Shirt Size: [] S [] M [] L [] XL

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Release and Waiver: I know that participating in a race is a potentially hazardous activity. I should not enter and walk or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with participating in this event including, but not limited to, falls, contact with other participants, the effect of weather (including high heat and/or humidity), traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting this entry, I, for myself and anyone entitled to act on my behalf, waive and release The Alexander Handy Memorial & Scholarship Foundation, the town of Medway, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I give my full permission to use my likeness in all media, photo, recording or other record of this event for any legitimate purpose.

WHERE DID YOU HEAR ABOUT OUR RACE? _____

Entry Fee: \$ _____

Entry Fee: \$ _____

Entry Fee: \$ _____

Entry Fee: \$ _____

Total Fees: \$ _____

OUR MISSION: The Alexander Handy Memorial and Scholarship Foundation was established to assist the community through youth safety and scholastics. On June 10, 2006, our son Alex was killed while crossing a busy street on his bike. While indications were that a helmet would not have helped in his situation, helmets do save lives. Through enhanced awareness we can and will encourage youths through foundation projects and sponsorship to keep in mind what can happen as a pedestrian, as riders of bikes or drivers of cars if you are careless, or not prepared for a situation. This carelessness may not be on your part, so you should be always cautious of the situation at hand.

Proceeds will go towards • \$2,500 scholarship to a Medway High School graduating senior • Paint the crosswalks in Medway and much more!

The Alexander Handy Memorial & Scholarship Foundation is a not for profit organization.

Please make check payable to: Project Alex

Mail to: Ann Handy, 11 Lee Lane,
Medway, MA 02053

TAX ID: 20-5228394

No Refunds