



**5K RUN/WALK
Friday, Sept 24**

www.FitConcepts.net
www.GardnerAle.com

**Walkers at 5:30pm
Runners at 5:45pm**



**Run
for a
Beer**

**Mail Entry Form and Check To:
Fitness Concepts Health Club Attn: Run For A Beer
696 West Broadway, Gardner MA 01440**



Entry Fees:
\$15 PreRegistrant
BEFORE July 15, 2010
\$20 Registrant
AFTER July 15, 2010

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Please Check: Walker Runner

Circle T-Shirt Size: S M L XL

Fitness Concepts Health Club - Waiver of Responsibility

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups and the individuals associates with this event, their representatives, successors and assigns, and 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 the Fitness Concepts Road Race, Further, I grant full permission to any and all of the foregoing to use photographs, video tapes, motion pictures, recordings and/or any other records of this event of myself along or with others for any legitimate purpose. I understand that pacing bicycles, skateboards, baby joggers (or strollers), roller skates (or blades), and animals are not allowed in the race.

Signature _____ Date _____

**PRIZES
AWARDED**

**1st & 2nd Place
Both Male & Female**

**Run from Fitness Concepts to the Gardner Ale House
for a Beer at the finish, 225 Commemorative Beer Glass,
FREE Tek Running Shirt, & Raffle Tickets
to all Runners and Walkers!**