



3RD ANNUAL B5K & BLOCK PARTY 5K ROAD RACE & FUN WALK

Sunday June 7, 2009 • 11:00 am

BLOCK FIVE BISTRO • 139 Green Street • Worcester, MA

*Proceeds from the event will benefit Worcester's Hope Lodge
and the Pancreatic Cancer Alliance.*

Registration: 10:00 am

Start Time: 11:00 am

Entry Fee: \$30 (additional donations from sponsorship) *Includes T-Shirt & Refreshments*

Amenities: H2O Stations, Entertainment, Raffles, Children Activities, Food, Beer,
Wine & Soda

Checks Payable To: Block Five / B5K

Mail Form & Payment To:

B5K

139 Green Street

Worcester, MA 01604

For More Information:

log onto block5bistro.com

email b5k@block5bistro.com

or contact Mike Covino (508) 767.3483

Please enter me in the 1st annual B5K. I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. In consideration of being accepted as an entrant, I hereby, for myself, my heirs, executors and administrators, release and discharge Block Five Bistro and all other individuals, entities and organizations associated with the race from all claims, damages, rights of action, present or future, whether the same be known, anticipated or unanticipated, resulting from or arising out of or in incident to my participation in this event. I hereby certify that I will not participate in the B5K unless I am physically fit and sufficiently trained for the competition in the race. I also grant permission for the use of my name and of picture in any broadcast, photograph or other account of this race. I understand that (except for the walk) bicycles, skateboards, baby joggers, strollers, roller skates, or blades, animals and radio headsets are not allowed in the race and I abide by this guideline.

Signature (required): _____ **Age on Race Day:** _____

Parents Signature Required if Under 18 Years of Age

Name (Print): _____ **Sex (circle):** M / F

T-Shirt Size (circle): M / L / XL

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Email Address: _____

\$30 (base registration fee) / Additional Funds Through Sponsors: \$ _____

Total Amount Enclosed: \$ _____