

Wampanoag Road Runners Present:  
**The Old-Fashioned Ten Miler & Flat 5K**  
Sunday, February 21, 2010, 11:00AM

- Place:** Invensys, Neponset Avenue, Foxboro, MA
- Directions:** Exit 8 off Route 95. Go toward Foxboro (West) for 2.2 miles on Mechanic Street. Turn right onto Neponset Avenue to Invensys.
- Entry Fee:** **10M:** \$20 pre-entry until February 10<sup>th</sup>, \$25 thereafter, *pre-entries of five or more in one envelope, \$17 each.* **5K:** \$15 pre-entry and \$18 after February 10<sup>th</sup>.
- Amenities:** Certified course; Raffle; Timing by Spitler; Mile Markers & Splits; Refreshments including hot entree, baked goods, and fruit; Note: Finish Line / Course Support until 1:00 p.m.
- Tote Bags:** *The OFTM is going "green"*. Eco-friendly tote bags filled with giveaways will be given to the first 500 participants.
- Recycle:** Old race shirts and "good-condition" running shoes *Only*. Please bring these items on race day to be donated to local shelters and/or community-based programs in need of clothes and shoes.
- T-Shirts:** Available to order for \$10 each. Please note size on entry form below.
- Course:** 2M Flat-6M Rolling-2M Flat; CRs: Mark Coogan 49:39, Claudia Camango 57:19
- Awards:** **Overall:** First Male and Female Finishers  
**Age Group:** Top Finishers, M & F, in the following: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ First male and female Foxboro finishers  
**\$50 Bonus for New 10M Course Record**
- Info:** Jim Morris: 508-369-0874 at [oftmdirector@wampanoagroadrunners.org](mailto:oftmdirector@wampanoagroadrunners.org) or [www.oftmrace.org](http://www.oftmrace.org)

**Race proceeds to Foxboro High School Scholarships and the Attleboro Museum**  
**Special thanks to Invensys, Marathon Physical Therapy and DB Sports**

Mail non-refundable check or money order (no cash please) to:  
Wampanoag Road Runners, PO Box 2526, Attleboro Falls, MA 02763

NAME \_\_\_\_\_ AGE \_\_\_\_\_ M F **10M** **5K** \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_ EMAIL \_\_\_\_\_

T-SHIRTS: \$10.00 each. Please indicate size S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning from.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent/Guardian if under 18)

This is a February race in New England. We will make every effort to safely hold the race at the scheduled date and time. In the event the race must be cancelled, no refunds will be given.