

2nd Annual 5K Fire Run/Walk

**Proceeds benefit the
New Castle County
Firefighters' Relief Fund**

Sunday, March 28, 2010

Race time: 12:00 Noon

Pre-register by March 21

Entry Fees:

- \$18 for pre-registration
- \$22 after pre-registration deadline

The course is wheel measured by Doug White and begins at the Gilliam Building, 77 Read's Way, New Castle Corporate Commons. The flat, out-and-back route will take participants through the State Fire School training grounds. Refreshments provided after race.

For more information contact Wayne Kursh at 302.654.6400 or wayne@races2run.com

Make checks payable to "NCCVFA" and mail with entry to: 5K Fire Run/Walk, c/o L.A. Hayes, 113 W Summit Ave., Wilmington, DE 19804



AWARDS

...for overall male and female runners and walkers and for top 3 runners in 10-year age groups (13 & under through 70 & over). T-shirts and smoke detectors provided to all participants.

Register Online go!



Races2Run

Chip Timing by EdJaH Chip Timing Systems
a division of races2run

NOTICE: NO BABY STROLLERS ARE ALLOWED IN THE RUN PORTION OF THIS EVENT. YOU MAY WALK WITH STROLLERS

NCCVFA's 5K Fire Run/Walk *(Please print neatly)*

Name:

Address:

City: State: Zip Code:

Telephone: Age: (Day of Race) Sex:

T-Shirt Size: S M L XL 2XL 3XL 5K Run 5K Walk
(Please circle one; include \$3 extra for 2XL or 3XL)

E-mail address:

Signature:
(Parents signature if less than 18 years old)

Please discourage unofficial entrants (bandits) from competing in our races. Bandits consume scarce resources and can delay or inhibit accurate race results. Unregistered runners, running with dogs, strollers, rollerblades, bicycles and the wearing of headphones are prohibited on the race course at any time to ensure runners' safety and to comply with liability insurance standards.

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I may have against the organization holding this event, its agents, representatives, successors and assigns for any and all injuries suffered by me at said race.

NO REFUNDS—THE RACE DIRECTOR RESERVES THE RIGHT TO REJECT ANY ENTRY