

# Lorraine's Soup Kitchen "5K"



A 5K (3.1 Mile) Run/Walk to Benefit:  
"Lorraine's Soup Kitchen"

**\*Sunday, September 19, 2010 10:00AM\***

**\*Chicopee State Park, Burnett Rd., Chicopee, MA\***

**\$100.00  
Gift Certificate  
for 1st Place  
Male & Female**

- \*Awards for First Place Male & Female\**
- \*Age Group Awards\**
- \*Generous Refreshments\**
- \*T-shirts to All Pre-Registered Entrants\**

◆ REGISTER ONLINE AT: [www.active.com](http://www.active.com) ◆  
◆ DOWNLOADABLE APPLICATION AT: <http://www.lorrainessoupkitchen.com> ◆ Info: 413-532-1067 ◆

**Entry Fee: 5K \$20.00** ENTRIES RECEIVED BY 9/7/2010 WILL RECEIVE A T-SHIRT

Make Check or Money Order payable to: Lorraine's Soup Kitchen.

Mail to: Charles Desmarais, 17 Boylston St., Chicopee, MA 01020

BIB#

Last Name	<input type="text"/>		<input type="text"/>
First Name	<input type="text"/>	Date of Birth	<input type="text"/>
Age Group	<input type="checkbox"/> 9-19 <input type="checkbox"/> 20-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60-69 <input type="checkbox"/> 70 & Older		
Gender M/F	<input type="checkbox"/>	Shirt Size: (circle one) S M LG XLG XXLG	Tel. <input type="text"/>
Address	<input type="text"/>		
City	<input type="text"/>	State	<input type="text"/>
		Zip	<input type="text"/>

Official Use

In consideration of this entry being accepted I, for myself, heirs, executors, and administrators, waive and release anyone and all rights and claims for personal damages that I may have against Lorraine's Soup Kitchen, The Race Committee, The City of Chicopee, volunteers, and organizers and promoters of this race. In signing this race entrant, I certify that I have trained for and I am physically capable of completing this event.

Required Signature (Parents if under 18) \_\_\_\_\_ Date \_\_\_\_\_

## Pledge Form

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone# \_\_\_\_\_

Please collect all contributions in advance, and turn in at the registration table the day of the run/walk, or in advance with the race registration.

Sponsors Name & Address	Amount Pledged	Cash/Check#
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		