



All of NELCWIT's services are FREE, always.

Confidential Hotline:
413-772-0806 or 888-249-0806 (TTY)
24 hours a day, 7 days a week

NELCWIT
479 Main Street, PO Box 520, Greenfield MA 01302
413-772-0871
www.nelcwit.org

Our programs include
- 24-hour crisis hotline
- advocacy and support for adults and children
- prevention education

This is NELCWIT's 35th year providing services for victims & survivors of domestic violence and sexual assault in the Franklin County-North Quabbin area.



NELCWIT's Third Annual 5K RACE AGAINST VIOLENCE

with

5K Walk and Youth Race

Youth Race sponsored by the YMCA of Greenfield

Saturday, April 23, 2011

YMCA, 451 Main Street, Greenfield MA



2011

5K Race Against Violence

To Benefit NELCWIT

with

5K Walk and 1 mile Youth Race

Youth Race Sponsored by the YMCA in Greenfield



Saturday, April 23, 2011

YMCA, 451 Main Street, Greenfield MA

NELCWIT, along with the Sugarloaf Mountain Athletic Club and the YMCA of Greenfield, invites men, women, and children of all ages to run or walk in the

5K Certified 5K Race And Walk.

Registration: 8:00 a.m.

1 Mile Youth Race Start time: 9:00 a.m. Entry fee: \$5

All participants receive ribbons. First 50 to register receive goodie bags.

5K Walk Start time: 9:00 a.m. Entry fee: \$20

5K Race Start time: 9:30 a.m. Entry fee: \$20

Prizes for overall and age categories ~ T shirts for first 75 entries ~ Medals for first-time racers

5K route begins and ends at the YMCA in Greenfield and includes Greenfield's Highland Park.

Registration: Register on-line at www.active.com, OR complete this form, include fee, and mail to NELCWIT, PO Box 520, Greenfield MA 01302. PRINT CLEARLY.
For more information call 413-772-0871 or see www.nelcwit.org.

Last name: _____ First name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Age on 4/23/11: _____ Female Male

Age group: 18 & under 19-29 30-39 40-49 50-59 60-69 70+

Entry fee enclosed for: Walk 5KRun 1 Mile Youth Race

For 5K Race: T-Shirt size S M L XL XXL Check if this is your first race

Signature is required for all entries.

If the runner is under 18, the form must be signed by a parent or legal guardian.

In consideration of this entry being accepted, I do for myself, or any person concerned who may claim through me, on my behalf, hereby hold harmless and release Sugarloaf Mountain Athletic Club, NELCWIT, and any sponsor or official of the 5K Race Against Violence from any claims for personal injury or damages arising out of or connected with my participation in this event. I also understand that the course is open to normal vehicular traffic during the race and I assume responsibility for my own safety.

Signature: _____ Date: _____