

# Run / Walk for Tara

Sanctioned by USA Track & Field

8th Annual

Wednesday, November 11, 2009



## ENTRY FORM

**Event:** 5K Benefit Run/Walk  
**Where:** Williston Northampton School's Playing Fields  
 Park Street and Taft Avenue – Easthampton, MA  
**Times:** Walkers: 10:00 a.m.      Runners: 10:30 a.m.      Rain or Shine  
**Fee:** \$13.00 before November 4 ▪ \$15.00 after November 4 ▪ Students \$10.00  
*The first 200 entrants will receive a free race t-shirt.*

This is a race held in memory of Tara Sheehan, who, died in February 2002, after a long struggle with anorexia. Tara was a loving and caring young woman who helped many people during her short life. She was also an avid long-distance runner and an alumna of Williston Northampton School.



The Run/ Walk for Tara benefits the Tara Fund, which assists people with eating disorders.

Our goal is to create a greater understanding of the growing and alarming problem of eating disorders, and to help individuals and families take the steps needed to prevent this terrible disease.

The Run/Walk for Tara is a race open to all, held on November 11, Tara's birthday. The race celebrates her life and continues her legacy of helping other people.

Proceeds from the Run/Walk for Tara go to benefit programs for people with eating disorders.

*Children and pets are welcome to join in on the fun! Pets must be on leashes.*

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Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Adult \_\_\_\_\_ Student \_\_\_\_\_ Runner \_\_\_\_\_ Walker \_\_\_\_\_ Phone \_\_\_\_\_ [optional]

Signature: \_\_\_\_\_

*In signing this entry, I for myself, my heirs, executors and administrators, waive and release any and all claims for damage and liabilities in case of death or injury received during participation in the walk/race that I may have against anyone sponsoring, sanctioning or maintaining this race. If the runner is 18 or younger, this form must be signed by parent or guardian.*

**Please check:**

☑ \$13.00 Early registration [before November 4]      ☑ \$10.00 Student      ☑ \$15.00 Day of race

**Please make check payable:** Tara Fund Mail to: 127 Pomeroy-Meadow Road – Southampton, MA 01073

*For additional information, please contact:  
 The Sheehans ~ 413-527-3305*

**Register on line:** [www.runfortara.org](http://www.runfortara.org)