

# Registration Form

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

City, State, Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_ Email Address: \_\_\_\_\_

Male  Female  Age on Race Day: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Long Sleeve T-Shirt Size: S  M  L  XL  XXL

Race Category: Run  Walk  Entry Fee: \$15 by 5/10  \$20 from 5/11 - 5/17  Additional Donation: \_\_\_\_\_ Total: \_\_\_\_\_

Check here if you are a UMMS student  Running Club: \_\_\_\_\_

In consideration of being permitted to run/walk, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and assigns, waive and release any and all rights and claims for losses and damages I may have against any union or corporate sponsor, UMass Medical School, UMass Memorial Health Care, and all other event sponsors and their representatives, successors, and assigns for any and all injuries suffered by me in said event. I hereby grant full permission to any or all of the foregoing to use photography, videotapes, motion picture, and other record of this event for any purpose whatsoever, and I release any right to payments for such use.

Participants Signature \_\_\_\_\_

(Parent's or Guardian's if under 17 years of age)

Date \_\_\_\_\_

Please make checks payable to UMass Memorial Foundation 5K

Mail Entry form and payment to:

UMass Medical School 5K Run and Family Fun Walk

55 Lake Ave North Worcester, MA 01655

For more information please call (508) 856-6049  
or e-mail [Umass5K@umassmed.edu](mailto:Umass5K@umassmed.edu)

**From I-290**  
Eastbound: At exit 21, turn right at end of ramp and follow Plantation Street south.  
Westbound: At exit 22, turn right at end of ramp, at second traffic light turn left onto Plantation Street and proceed south.

**From I-190**  
At the merge with I-290 Shrewsbury exit (watch for exit ramp on left), take I-290 east to exit 21, turn right at end of ramp and follow Plantation Street south.

**From I-495**  
Northbound: At exit 23, take Route 9 west. Follow Route 9 west for approximately 11 miles. After crossing the Lake Quinsigamond bridge, take first right onto Lake Avenue.  
Southbound: At exit 25, take I-290 west to exit 22, turn right at end of ramp, at second traffic light turn left at onto Plantation Street and proceed south.

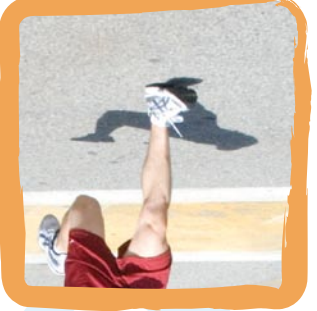
**From the Mass Pike**  
Free parking will be available in the Pine Tree Lot, which is on the right as you enter from Plantation Street.  
The UMass Worcester Campus is located in Worcester Massachusetts just north of Route 9, on the west side of Lake Quinsigamond, between Plantation Street and Lake Avenue North. The campus is easily accessible from many major highways.

Eastbound: At exit 10, take I-290 east to exit 21, turn right at end of ramp and follow Plantation Street south.  
Westbound: At exit 11, turn left onto Route 122 north for one mile, turn right at third light onto Sunderland road, left at first light onto Lake Avenue for 2.5 miles and cross Route 9. Make U-turn at second break in divider, then turn right into campus.

## Directions to UMMS



## Course Map



www.Umassmed.edu/UMass5K  
Sunday May 17, 2009  
11:00am

3rd Annual

5K Race & Family Fun Walk



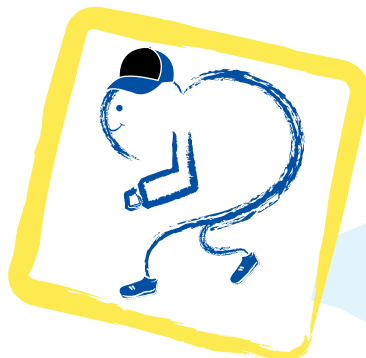
## Child Life Program



All proceeds from this year's event will be donated to the Child Life Program at UMass Memorial Children's Medical Center. The Child Life Program helps pediatric patients and their families through hospitalization and painful procedures by creating a child-friendly & family-centered environment. They offer recreational, therapeutic, & medical play opportunities, pre-procedure preparation, special events, tutoring, & also have a pet visitor program.

For more information about the Child Life Program please visit their website at:

[www.umassmemorial.org/MedicalCenterIP.cfm?id=1747](http://www.umassmemorial.org/MedicalCenterIP.cfm?id=1747)



## About the Event

The third annual UMass 5K is a family event. Participants can take part in either a 5K competitive run or a 5K non-competitive walk. In addition to the race/walk, we intend to have child entertainment such as face painting, clowns, balloon animals, and more. In 2 years the UMass 5K has raised over \$15,000 in cash and gifts, which has benefited the child life program.

### Starting Line & Time

The 5K Race/Walk starts at 11:00am. The Walk is non-competitive but finish times will be available.

### Entry Fees

5K Run or 5K Walk

\$15 through May 10, 2009

\$20 if postmarked on or after May 11th, 2009 through race day.

### Packet Pick-Up

T-shirt and Packet Pick-Up will ONLY be available the morning of the race from 9:30 am to 11 am on the UMass campus in front of the Medical School Lobby. Long sleeve t-shirts are available to the first 150 registered participants.

### Results & Timing

The 5K run is a timed event; results will be posted and available within 24 hours on the event website and [www.coolrunning.com](http://www.coolrunning.com).

### Organizers & Sponsors

UMass Medical School hosts this race. Because of our generous corporate sponsors, all entry fees will be donated to the UMass Memorial Child Life Program.

### Awards

Top 3 male/female finishers. Individual awards for top male/female finisher in each age group. All registered participants are eligible for raffle prizes. Raffle drawings will take place immediately following the 5K, though you must be present to win.

## Interested in Volunteering?

Volunteers are needed to make this and future events a success. Over 50 volunteers are needed to make the event run smoothly. Volunteers will receive the race shirt and are eligible for the raffle prizes. For more information or to register to volunteer please call (508) 856-6049 or email [UMass5K@UMassmed.edu](mailto:UMass5K@UMassmed.edu).

### What?

UMass Medical School 3rd  
Annual 5k Race and Family Fun Walk

### When?

Sunday May 17, 2009

### Where?

UMass Worcester Campus

### What Time?

11:00am

## UMass 5K Contact Information

55 Lake Ave. North  
Worcester, MA 01655

phone: 508-856-6049

e-mail: [UMass5K@UMassmed.edu](mailto:UMass5K@UMassmed.edu)

