

9th Annual Women's Classic

Presented by the Ronald McDonald House of Providence Running Club



Johnson Controls 5K Race Cardi's Furniture 3K Walk & Wellness Fair

A celebration of women, our health, and all that we do! Open to women of all ages and abilities, from the slowest walkers to the fastest runners – *all are welcome!*

When: October 9, 2016, 10:00 am

Women Only 5K Race (run or walk) and 3K Walk

One mile races on the Brown track at 8:45 for middle school kids (kids should arrive by 8:30)

Free Kids' Races: 9:15 (100-800 meter dashes on track, open to boys and girls ages 4-12)

Women's Wellness Fair from 8 am – noon on the grounds of the Brown University Stadium

Where: Certified, *flat and fast* 5K (3.1 miles) and 3K (1.8 miles) courses from the Brown University Stadium, through the scenic and historic East Side of Providence, and finishing in Olympic style on the Brown University Track

Registration opens at 8 am at the Brown Stadium, 400 Elmgrove Ave., Providence, RI 02906

\$25 before Sept. 29, \$27 Sept. 29 - Oct. 6, \$30 after Oct. 6 (in-person only)

\$10 for elementary, high school and college students

\$40 by Sept. 30 for both Women's Classic 5K and Performance Physical Therapy 5K.

Team Competition: Team to consist of 3 or more women. Cash to top 3 teams.

High school teams not eligible for team awards.

Awards: Cash and/or merchandise to **top 5 overall 5K finishers** and to 1st 5 in each age group. See website for more details, <http://rmhprovidenceclassic.org/> *All entrants eligible for raffle prizes.*

Proceeds from this race will go to support the Ronald McDonald House, a home-away-from-home for families of hospitalized children.

Need more info? Visit us @ <http://rmhprovidenceclassic.org>

9th Annual RMHProvidence Johnson Controls 5k Women's Classic

Mail form to: RMHProvidence Women's Classic, 45 Gay St., Providence, RI 02905. Check payable to: RMHP

Name _____

Age _____

Address _____

Phone _____

City _____

State _____ Zip _____

Team Name: (if applicable): _____

USATF Team# _____

T-shirt size: S M L X

Emergency Contact _____

E-mail _____

Please circle one: **5K Race** **3K Walk**

I would like to make an additional donation to the Ronald McDonald House \$ _____

Waiver: I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the Ronald McDonald House of Providence and any member, coordinating group and any individuals associated with the event. I attest that I am physically fit to compete in the event. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, video tapes, motion pictures, recording, or any other record of this event for any legitimate purpose.