

Wampanoag Road Runners Present:  
**The Old-Fashioned Ten Miler  
& Flat 5K**

Sunday, February 19, 2006, 11:00AM

**Place:** The Foxboro Company, Neponset Avenue, Foxboro, MA  
**Directions:** Exit 8 off Route 95. Go toward Foxboro (West) for 2.2 miles on Mechanic Street. Turn right onto Neponset Avenue to Foxboro Company.

**Entry Fee:** **10M:** \$17 pre-entry until February 12<sup>th</sup>, \$20 thereafter, *pre-entries of five or more in one envelope, \$15 each.* **5K:** \$12 pre-entry and \$15 post entry

**Amenities:** Certified course; T-shirts to first 400 entrants (300 10M, 100 5K); Raffle; Timing by Spitler; Mile Markers & Splits; Refreshments including soup, baked goods, and fruit; Note: Finish Line / Course Support until 1:00 p.m.

**Course:** 2M Flat-6M Rolling-Flat Finish; CRs: Mark Coogan 49:39, Beth Whitney 58:42

**Awards:** **Overall:** First Male and Female Finishers  
**Age Group:** Top Finishers, M & F, in the following: 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+  
First male and female Foxboro finishers  
***\$50 Bonus for New 10M Course Record***

**Info:** Dave Donnelly email: [wampanoagroadrunners@comcast.net](mailto:wampanoagroadrunners@comcast.net)

**Race proceeds to Foxboro High School Scholarships and the Attleboro Museum  
Special thanks to The Foxboro Company, Mansfield Health & Fitness and DB Sports**

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Mail non-refundable check or money order (no cash please) to:  
Wampanoag Road Runners, PO Box 2526, Attleboro Falls, MA 02763

NAME \_\_\_\_\_ AGE \_\_\_\_\_ M F **10M** **5K** \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CLUB AFFILIATION \_\_\_\_\_

EMAIL \_\_\_\_\_

In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the organization or organizations holding this event, its agents, representatives, successors and assigns for any and all injuries suffered at this event or while traveling to or returning therefrom.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(Parent/Guardian if under 18)