

The Lunenburg PTO

presents the 18th Annual



Where: Lunenburg Middle/High School
1079 Mass Ave.(Route 2A),Lunenburg, MA

Events:

- Ridin' with the Chief**.....11:00
2 Mile Safety Bike Ride with Chief Marino. For kids and parents, this event is *not* a race. Helmets required, no training wheels. Children under 8 need to ride with an adult.
- 1 Mile Fun Run**12:00
Ribbons for all!
- 5K Run**12:30
\$150 to first place overall male and female. \$75 to second place overall male and female. Commemorative mugs awarded to category winners. 10 and under, 11-13, 14-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
- 5K Walk**.....12:35
Commemorative mugs awarded to the first three finishers.

5K Run/Walk/Ride

Sunday October 20, 2019

The Lunenburg PTO is excited to be hosting the annual Miles for Myles event this year. With your help the PTO has given back to our school district yearly by providing funds for non-budgeted items such as technology, guest speakers and programs, materials, and supplies. Together we have also helped to defray costs for student field trips. 10% of the proceeds from Miles for Myles will be donated to support the *No Need to Speed*® campaign, and a prize to the winning school for the school building challenge.

VISIT US AT OUR WEBSITE:
www.milesformyles.com

Amenities:

- *Dry-Fit Shirts for the first 300 entries, free refreshments, professional race timing, USTAF certified course, music provided, and results posted promptly on www.coolrunning.com.
- * For more information email Sarah at milesformyles@lunenburgpto.org

Detach and mail

Register: One form per person, photocopies are OK.

You may get extra forms on-line. www.milesformyles.com

Name.....
last first

Street.....

Town.....State..... Zip.....

Male Female Age on Race Day.....

Ridin' with the Chief 1 Mile Fun Run 5K Run 5K Walk

Circle shirt size YS YM YL S M L XL XXL NONE

Entry Fee:

5K Run, \$25 (\$30 on race day)
5k Walk, \$25 (\$30 on race day)
 Students, \$15 for 5K Run or 5K Walk
Fun Run and/or **Ridin' with the Chief**, \$15
 all mail entries must be postmarked by 10/11/19.

Checks payable to: Miles for Myles

Mail to: Miles for Myles
Box 253
Lunenburg, MA 01462

Waiver and Release of Liability

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release any and all right and claim for damages I may have against the organizations holding this event, their sponsors, agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning therefrom. I realize that the route is not closed to traffic. I hereby grant to the Miles for Myles race committee and its affiliated agencies the right to reproduce and use my images in any manner consistent with the promotion of the race and its mission. Such use to include, but is not limited to: publication, display, advertising, web use, broadcast, etc. No refunds for cancelled event.

Signature.....
Parent (if under 18).....

I would like to make an additional tax deductible donation of \$_____

I can not attend but I would like to donate \$_____ to this cause.

Lunenburg School Building Challenge

Primary THES Middle
 High: 9th 10th 11th 12th