



1<sup>st</sup> Annual  
Mountview Middle School

# Healthy Hearts

## 5k Road Race

**Saturday, June 7, 2014 at 9:00 am**

♥ Packet Pick Up begins at 7:30 am

♥ Start and Finish at:

**Mountview Middle School  
270 Shrewsbury Street  
Holden, Massachusetts**

- Come out and take part in an event to promote health and wellness and support a great cause!
- All proceeds benefit the
  - ♥ Josh Thibodeau Helping Hearts Foundation
- Organized and run by the MTV PE Department and MTV Student Council.
- Prizes will be given to the first place male and female finishers.

# Registration

**Registration Information:** Entry fee is \$25.00. This includes a T shirt for the first 100 registrants and water for everyone at the finish. Please fill out the entry form below. You may pay with credit card online or make checks payable to WRSD. If you are paying by check please turn in your registration form to Mr. L or Ms. LeBlanc (You may register the day of the race but your race entry fee will be \$30 on site).

Register online at: <https://g2racereg.webconnex.com/montview5k2014>

Name \_\_\_\_\_

Address \_\_\_\_\_

Email Address \_\_\_\_\_

Phone # \_\_\_\_\_

Age on race day \_\_\_\_\_ Sex M/F (Please Circle One)

T Shirt Size: S M L XL XXL (Please Circle One - T-shirts to first 100 registrants)

## Waiver of Liability:

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road and sidewalk. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself, my heirs, executors and administrators, successors and assigns, and anyone entitled to act on my behalf, waive and release the city of Holden and Mountview Middle School, its officers, directors, members, agents and volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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Signature of Participant *(If runner is under 18 years of age then parent/legal guardian must sign waiver.)*

# Course Information

The course will be a 3.2 mile loop with the start and finish at Mountview Middle School. A map of the course is included below as well as a course description. There will be water stops at the half way mark and volunteers at all turns to guide runners.

## Course Map



## Course Description

Out of MTV you will take a left onto Shrewsbury Street and follow the road until you take a right onto Stoneleigh Road. Runners will travel down Stoneleigh and then take a left onto Parker Street and almost an immediate left onto Pinecroft Ave. The course will move along Pinecroft until you get to the very end of the street. When you reach the end you will take a left onto Woodland St, and follow it back onto Shrewsbury Street. For end of the race you will follow Shrewsbury back to Mountview Middle school where a nice bottle of water will be ready for you.

This course is 3.2 Miles long with the start and finish at Mountview Middle School.