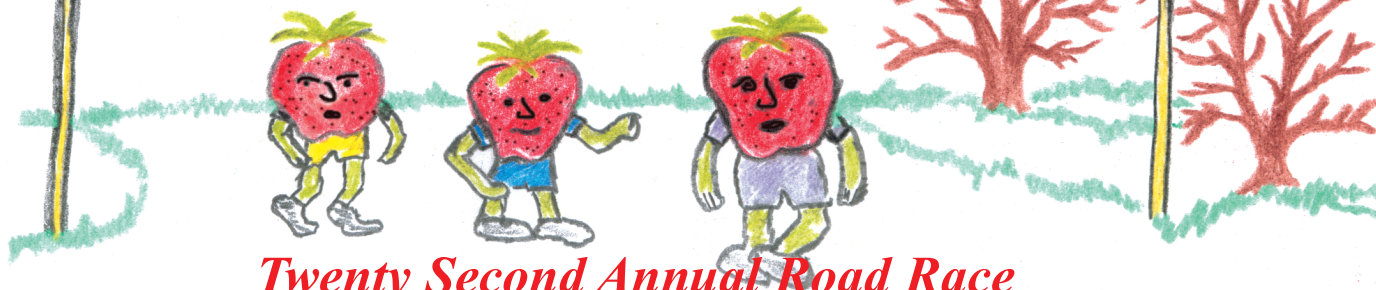


PLYMPTON'S

STRAWBERRY SHORTCAKE ROAD RACE 2009



Twenty Second Annual Road Race

Saturday, May 16, 2009

9:30 am: 10k Walkers and Fun Run

10:00 am: 10k, 6.2 mile Road Race

LOCATION

Upland Sportsman's Club
Plympton (map on Reverse)

ENTRY FEE- 10K RUNNERS/WALKERS

\$15.00 Pre-Registration
\$17.00 Day of Race
\$35.00 Maximum fee for family (3+)

ENTRY FEE FUN RUN

\$10.00 Pre-Registration
\$12.00 Day of Race

TOP TWO WINNERS 2008

Kevin Gorman Time: 33:54
Kerry Hennessy Time: 40:08

COURSE RECORDS

Stephen Warren Time: 31:56
Ann Ford Time: 36:42

PLEASE MAKE CHECKS PAYABLE TO:

Plympton Strawberry Shortcake Road Race
C/O Cathy Ferguson
4 Brook Street
Plympton, MA 02367

TROPHIES AWARDED TO:

Top 3 overall males females: 10k
Top 3 in each division: 10k
Top 3 in Fun Run: 15 and under
First wheelchair

DIVISIONS: Male and Female

FUN RUN: ALL WELCOME

10k ROAD RACE: Runners only

JUNIORS	10-19
OPEN	20-29
SUBMASTERS	30-39
SENIORS	40-49
MASTERS SENIORS	50-59
GRAND SENIORS	60-69
VETERANS	70-79
GRAND VETERANS	80-100

USATF SANCTIONED

REFRESHMENTS:

STRAWBERRY SHORTCAKE!



All entries forms will be entered in a raffle

<http://www.strawberryshortcakerace.com/form.htm>

STRAWBERRY SHORTCAKE ROAD RACE 2009 ENTRY FORM

Last Name: _____

First Name: _____

Address: _____

Day Phone: _____

City & State: _____ Zip: _____

Evening Phone: _____

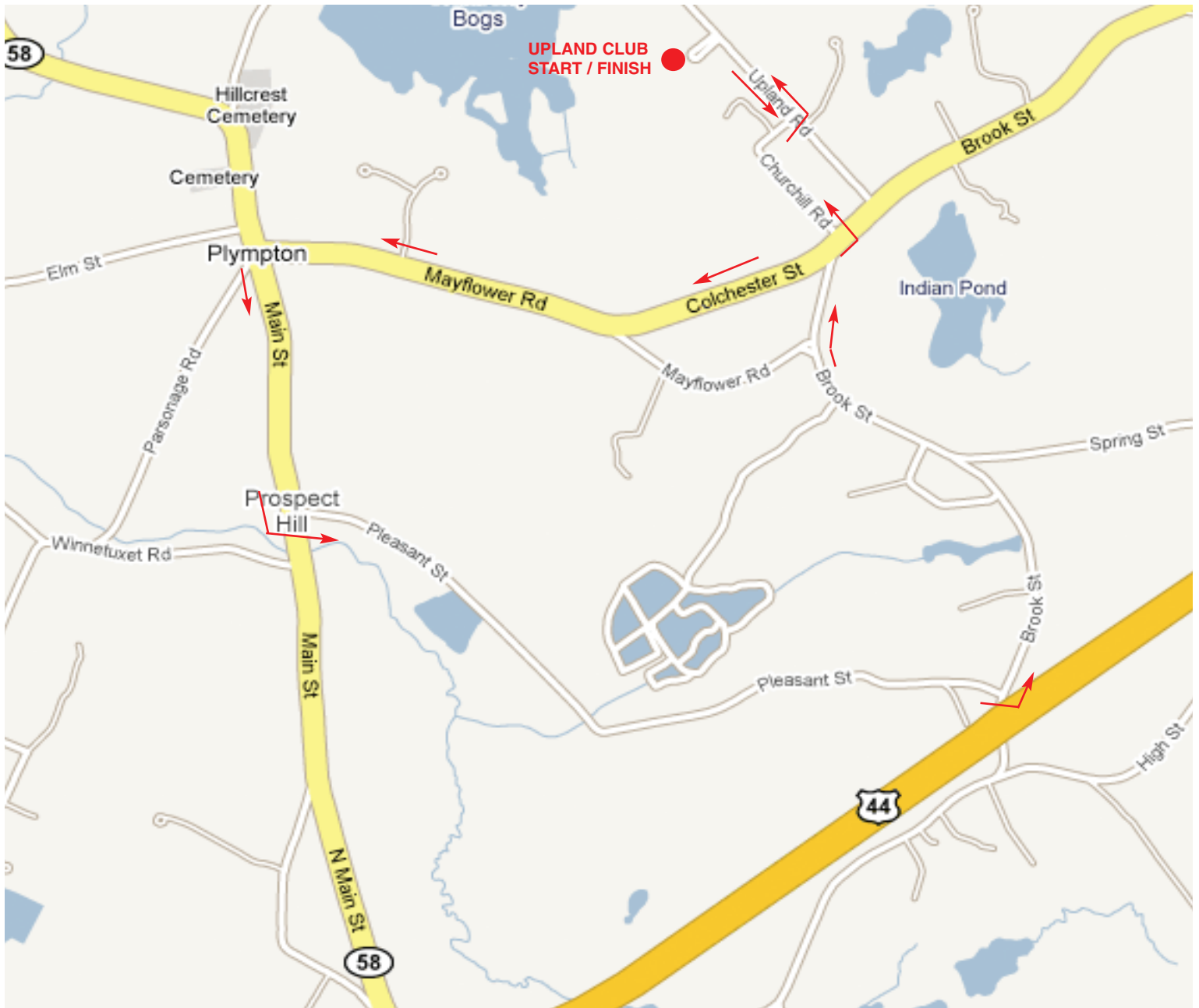
E-Mail: _____

Sex: M F Age: _____ Race: Fun Run 10K Runner 10K Walker

Shirt Size S M L XL (all pre-registered entry forms submitted by April 30th receive a T-shirt at day of race)

Signature: _____ Parent/Guardian: _____

I assume all risks associated with walk/running in this event including, but not limited to, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risk being known and appreciated by me. On behalf of myself, my heirs, executors, administrators and assigns, I hereby waive and release any and all rights and claims for personal injury or other loss or damage which may arise from participation in this race, against The Strawberry Shortcake Committee, all sponsors, as well as any other person connected with this event.



Plympton Strawberry Shortcake Road Race
C/O Cathy Ferguson
4 Brook Street
Plympton, MA 02367