

Louie's Run

7th Annual 5k Run/Walk

A loving tribute to Louis M. Xifaras

All proceeds to benefit Massachusetts General Hospital Parkinson's Research



Date: April 18, 2010 (rain or shine)

Time: 10 a.m. *Run & Walk 9:30 a.m. *Kids Fun Run (10 years & under)

Place: Buttonwood Park Senior Center, New Bedford, MA

Directions: From I-195 east or west take exit 13A (Rt. 140 south).

Follow one (1) mile to traffic light (Rt. 6). Go straight through light and follow to next traffic light (Hawthorne St.) Go left, then left again into zoo parking lot. Follow walkway to Senior Center.

Entry Fee: \$15.00 Pre-registration until April 9. \$20 after April 9. **Registration starts at 8:00 a.m. until 9:30 a.m.**
Kids Fun Run \$5.00 (Must pre-register.)

Mail To: Louie's Run c/o Carolyn Correia Xifaras
22 Bass Point Rd.
Marion, MA 02738

Course: A fast wheel measured course – USATF Sanctioned

Cash Awards: Top three male and female in run (\$200-\$150-\$100)
\$100 -- 1st male and female in walk. Prizes for 2nd & 3rd male and female
\$100 -- Course record – Male (Abraham Ngetich 14:16) & Female (Stephanie Reilly 17:11)
Cash winners not eligible for divisions

Divisions: Awards to top three in each division—male and female
Youth (1 - 13) Junior (14 – 18) Open (19 -29) Wheelchair
Sub-Master (30-39) Master (40-49) Senior (50-59)
Veteran (60 – 69) Super Veteran (70-79) Old Timers (80+)

Special Awards: Midpacker

Results: By 5K Sports Race Management. Results posted on Cool Running & Louiesrun.com

Amenities: T-shirts to 1st 300 **pre-entrants**. Huge post-race raffle.
Huge pre-race and post-race feast to all participants, families and friends.
Complimentary Massage by *Restoration Massage*

Race Info.: Race Director—Paul Correia @ (508) 636-3718 - or visit

WWW.LOUIESRUN.COM

(ONE APPLICATION PER PERSON)

Name: _____ Age: _____ Gender: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

T-Shirt size S / M / L / XL (Please circle one)

	5K Run	Wheelchair	Kids	5k Walk	?? Donation ??	Total
Fill in	\$15.00	\$15.00	\$5.00	\$15.00	Every dollar helps	Enclosed
Amount:						

(Please make all checks payable to: Louie's Run)

In consideration of the acceptance of this entry, I hereby for myself, heirs, executors and administrators waive and release any and all rights and claims for damages I may have assigned against the City of New Bedford, sponsors, race officials, organizers and volunteers associated with this event for any injury that may result from my participation in this event.

Signature: _____ (Guardian signature required if athlete is under 18 years of age)