

35th ANNUAL CARLISLE ROAD RACES
introducing
THE CARLISLE 5 & FAMILY FUN 1

Date & Time: Saturday, June 26, 2010. **5-mile race starts at 7:15 a.m. sharp! (register from 6:30-7:00). 1-mile race starts at 8:15 (register from 7:15-8:00).** Registration & awards will be at the Corey Auditorium entrance, restrooms available. The start will be on Church St., at the elderly housing entrance.

SPECIAL COMMEMORATIVE T-SHIRTS To celebrate the 35th anniversary of these races, all entrants will receive a T-shirt and must specify a size on their entry form. The design and print set-up of the shirts, as well as hydration for the runners, have been provided by **Ferns Country Store**. Additional shirts may be purchased on race day.

Race Entry & Fees: Adults \$12, Youth (19 & under) \$8. To run both races, **two** entry fees are required. **Entries must be received by JUNE 16th. There will be No race day entries.** Make checks payable to: **CARLISLE ROAD RACES**

Eligibility: **Present & former** Carlisle residents, town employees, and their family members will be the only **official** runners (with numbers) eligible for awards. **For anyone not running/participating in these races under their own power, such as being pushed in a stroller/wheelchair/other wheeled vehicle, the bib number will be assigned only to the individual providing the propulsion and the finish time of this person determines place & prize eligibility.** These are the guidelines that apply in races such as the Boston Marathon (Team Hoyt-Dick & Rick-are the prime example).

NEW THIS YEAR Push Rim Wheelchair Division: All participants in this division, as well as those involving other pushed wheeled vehicles, will start together **15 minutes before the main field**, similar to the Boston Marathon protocol, and must finish in the special designated and expanded chute area. The primary consideration is the safety of both runners and wheeled participants, especially at the finish of the races. The finish times of those individuals *pushing* a wheeled vehicle will be interpolated into the overall runners' race to determine place and awarding of prizes.

Course: Both races start and end at the entrance to elderly housing on Church St., continuing past the ball field to Rte. 225. The 1-mile runners will take a left, go through the rotary, down Concord St., back to the Church St. finish. 5-mile runners will go right on 225, take the 2nd left after Carlisle Auto Body, continuing on Maple St. to East St., then left on East back through the rotary to the same finish as the 1 mile.

Course Records:

5 Mile: 25:58 Tim Harte ('91) / **31:51** Kim Ratcliffe ('96)

1 Mile: 04:42 Tim Harte ('98) / **05:51** Rennie Munson ('81)

Prizes: Awards ceremony at 9:30 at the registration area, outside the Corey entrance.

- **Engraved trophies:** first three male & female finishers in each race and first in the Push Rim Wheelchair Division.
- **Medals** to the **1st-2nd-3rd** male & female finishers in the 1 mile for the following age categories: 5 & under, 6-7, 8-9, 10-11, 12-14, 15-19; **1st place only** medals to 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 & over. The 5-mile race will have an 11 & under category, with all the rest remaining the same, **1st place only** medals in each age division
- **Special ribbons** to *youngest & oldest* finishers in each race; **Participant ribbons** to all other finishers.

The race founders and directors, Ronald & Leslie Kmiec, have donated a perpetual plaque listing the fastest men's and women's times in each race since they began in 1976. It may be seen at the Town Offices during the year and will be on display at the award ceremony.

ENTRY BLANK ON REVERSE SIDE

ENTRY BLANK

(Must be completed to participate)

In consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators waive and release all rights & claims for liability and damages I may have against the Carlisle Old Home Day Committee, Ferns Country Store and its employees, the Town of Carlisle, the race directors, and volunteers connected with the Road Races for any and all injuries or death in or arising from these races suffered by me and/or the individuals listed below in the event(s) for which I/they are entered. I further certify that those below are physically trained for the events and are in good health. I agree to abide by the Carlisle Road Race rules & guidelines set forth on this entry form and communicated verbally before the race start, and not to transfer bib numbers on the pain of disqualification from this and all future Carlisle Road Races. In signing, those entrants to whom this sentence applies agree to abide by the rules set forth by Wheelchair Sports USA, International Paralympic Committee, and Disabled Sports USA to ensure the safety of all participants in these races.

Signatures of all adults listed below are required. (Parent or guardian of those under 18 must sign for younger runners to be able to compete).

SIGNATURE(S): _____

SIGNATURE(S): _____

<u>Street address</u>			<u>Phone</u>		
<u>Name</u>	<u>M/F</u>	<u>Birthdate</u> (mo/day/yr)	<u>Race</u> (circle appropriate race: 2 races=2 entry fees)	<u>Division</u> Runner (R) or Push-Rim Wheelchair (PRW)	<u>Shirt Size</u>
_____	_____	_____	1m 5m	_____	_____
_____	_____	_____	1m 5m	_____	_____
_____	_____	_____	1m 5m	_____	_____
_____	_____	_____	1m 5m	_____	_____

MAKE CHECKS PAYABLE TO: CARLISLE ROAD RACES

Entries must be *received* by **June 16th**. Mail or hand deliver to: **Ronald & Leslie Kmiec**
94 Bingham Rd., Carlisle, MA 01741
(978) 369-6130