



Father's Day • Sunday, June 20, 2010

9th annual 3.1 mile run, walk, and youth races to benefit The Brendan Grant Foundation and Memorial Scholarships.

Course: USATF certification code MA03028RN

Events: 9:30 am — 5K Charity Walk
10:00 am — 5K Road Race
10:05 am — 400/800m Races (ages 6-8 and 9-12)*
*free entry to youth races

Location: Belmont High School Track, Concord Avenue

Amenities: Commemorative T-shirts to first 500 entrants, age-group awards, refreshments, raffle prizes

Entry: **Pre-registration - \$15 before June 18**
(All pre-registered entrants will be eligible for a special raffle drawing)
Post-entry - \$20

Reply: The Brendan Grant Foundation
PO Box 184
Belmont, MA 02478-0184
Attn: Race Director

Road Race Course Records:
men: Dan Vassallo — 15:08 (2009)
women: Lara Johnson — 18:16 (2008)

Contact: 617/489-1514 • homerun5k@excite.com • www.brendangrant.org



Entry Form Each participant must submit a completed form. Please endorse check to: The Brendan Grant Foundation

Name _____ Age on race day _____

Address _____ Gender: Male Female

City _____ State _____ Zip _____ Event: Run Walk

Age Division (circle one) : (under 20), (20-29), (30-39), (40-49), (50-59), (60+) T-shirt size: M L XL XXL

If entering as parent/child team, check if you are : Parent Child Name of teammate _____

Parent/child teams need to submit both entry forms together by mail, or at registration on race day.

Release:

I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against sponsors, race directors, organizers, timers, volunteers, The Brendan Grant Foundation, the town of Belmont, from any claims whatsoever from any participation in this event. I attest that I, and any participating family member, am physically fit and trained to participate in this event; and grant full permission to use any photographs or other record of this event for any legitimate purpose.

Signature _____

(Parent signature required if under 18 years of age)

THE
BRENDAN GRANT
FOUNDATION

Presenting Sponsors:
Belmont Savings Bank
The Belmont Dental Group

Contributing Sponsors:
Champions Sporting Goods • Belmont Wheelworks
Belmont Lions Club • Greater Boston Running Co.