

Results available at:

www.thelastmileracing.com

Date:

Sunday, Sept. 26th, 2010

Place: South Kingstown Town Beach
South Kingstown, RI

Course Maps and online
registration: www.trimomprod.com

Prices and Registration Dates:

FOR 5K

November 1st thru June 30th: \$25.00

July 1st thru September 24th: \$30.00

Race Day Registration: \$35.00

For 1/2 MARATHON:

November 1st thru June 30th: \$50.00

July 1st thru September 24th: \$60.00

Race Day Registration: \$70.00

Race day Registration:

6:00-7:30 am

1/2 Marathon begins @8:00 am

5K Race begins @ 8:45 am

All entries will receive a complimentary t-shirt.

Post-race party at: Ocean Mist Pub
Matunuck, RI

All race participants 21 and over will receive one
free beer @ pub.

Please make checks payable to and mail to:

TriMom Productions, LLC.

64 Carpenter Drive

South Kingstown, RI 02879

Join us at the
Ocean's Run 5K

§

1/2 Marathon

Sunday

September 26th, 2010

8:00 am start



A 5K and 1/2 Marathon that
takes place in scenic Matunuck,
Moonstone Beach, and Green
Hill, Rhode Island.

Brought to you by:

TriMom Productions LLC.
For info call 401-741-0831 or
www.info@trimomprod.com

Directions:

FROM North: Take 95 South to Route 4 South to Route 1 South. Follow Route 1 South for approx. 10 miles until you see signs for Matunuck Beach Road (South Kingstown Town Beach). Take the U-turn from Route 1 South onto Route 1 North. Take the first right hand exit off Route 1 North onto Matunuck Beach Road. Follow Matunuck Beach Road for Approx. 1 mile to the South Kingstown Town Beach.

FROM South/CT: Take 95 North to Exit 92 in CT. Take a Right off Exit onto Route 2. Follow approx 2 miles until you see signs for Route 78. Take Route 78 to the end. At the traffic light make a left onto Route 1 North. Follow Route 1 North through Westerly, Charlestown and into South Kingstown. Take the Matunuck Beach Road Exit. Follow Matunuck Beach Road approx. 1 mile to the South Kingstown Town Beach.

See website: www.trimomprod.com for course maps

Awards:

Awards will be given to the top 3 men and women overall and the first man and the first woman in each category.
(no duplicate awards)

<u>Group</u>	<u>Age</u>
Pee Wee	Under 12
Junior	13-18
Open	19-39
Master	40-49
Senior	50-59
Veteran	60-70
V.I.P	70+
Clydesdale	200+Men
Athena	150+Women

Awards will be given
after the race!

2010 Official Entry Form:

Name: _____
 Street: _____
 City: _____
 State: _____ Zip Code: _____
 Phone () _____
 E-mail: _____
 Age: _____ Sex: _____

For participants in the Oceans Run 5K--1/2 Marathon: In accordance with Section 7-6-9 of Rhode Island General Laws (entitled "Exemption from Liability to participants in Sponsored Athletic Sports Events"): I agree to assume all responsibility for any risk or damage or injury that may occur to me as a participant of the Oceans Run 5K--1/2 Marathon. I hereby, for myself, my heirs, executors and administrators, release and discharge the Sponsors, USA Track & Field, USATF New England Assoc., and any and all persons connected with this event from all claims arising from my participation in this event. I also agree to take responsibility for arriving to register for the at least 30 minutes prior to the start of the race and for knowing the course layout.

Signature: _____
 (parent if under 18)
 Date: _____