

# 43<sup>rd</sup> Annual Arnold Mills 4 Mile Road Race

Sponsored by: The Arnold Mills Parade Association  
Sanctioned by: U.S.A. Track & Field

**Monday, July 4<sup>th</sup> 2011 at 9 A.M.**

## Pre-Entry (received by July 1):

- Entry fee: \$10.00
  - Junior Division fee is \$8
- T-shirts: \$6.00 each

## Day of Race (before 8:45 A.M.):

- Entry fee: \$12.00
- T-shirts: \$8.00 each

## Make checks out to:

Arnold Mills Parade Association

## Mail entry to:

Tom Kenwood  
8 Shelter Lane  
Cumberland, RI 02864

## Notes:

- Pre-entries must be received by July 1
- Awards – Trophies and merchandise to places 1–3 in each age group
- Parking available at Community School on Arnold Mills Rd
- Race starts and finishes at the North Cumberland Fire Station on Nate Whipple Highway (Rt. 120)
- Registration is at the North Cumberland Fire Station, as well.
- Day of race entries will be accepted up to 8:45 A.M. on race day.
- More race info at: [arnoldmillsparade.com](http://arnoldmillsparade.com) or contact Tom Kenwood at 401-658-0831 or [kenwood2@cox.net](mailto:kenwood2@cox.net)

PLEASE ENTER ME IN THE ARNOLD MILLS PARADE ASSOCIATION'S 4 MILE ROAD RACE. IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I HEREBY FOR MYSELF, MY HEIRS EXECUTORS AND ADMISTRATORS WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ARNOLD MILLS PARADE ASSOCIATION, U.S.A. TRACK & FIELD, THE TOWN OF CUMBERLAND, REPRESENTATIVES, SUCCESSORS, AND ASSIGNS FOR ANY AND ALL INJURIES, DAMAGES EXPENSES OR LOSSES WHATSOEVER RESULTING FROM MY PARTICIPATION IN SAID RACE.

BY U.S.A. TRACK & FIELD RULES, RUNNERS PUSHING STROLLERS AND BICYCLES PACING RUNNERS ARE PROHIBITED FROM THE COMPETITION. PLEASE, IF YOU MUST, START IN THE REAR OF THE PACK AND DO NOT GO THROUGH THE CHUTE, SAFETY IS UTMOST IN OUR MINDS.

SIGNATURE OF RUNNER \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

PRINT NAME \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE # \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CLUB OR SCHOOL \_\_\_\_\_ U.S.A. TRACK & FIELD REG. # \_\_\_\_\_

## PLEASE CHECK APPROPRIATE CATEGORY

DIVISION	MALE	FEMALE
JR. (UNDER 15) [\$8]	<input type="checkbox"/>	<input type="checkbox"/>
INTERMEDIATE (15-17) [\$10]	<input type="checkbox"/>	<input type="checkbox"/>
OPEN (18-39) [\$10]	<input type="checkbox"/>	<input type="checkbox"/>
MASTER (40-49) [\$10]	<input type="checkbox"/>	<input type="checkbox"/>
SENIOR MASTER (50-59) [\$10]	<input type="checkbox"/>	<input type="checkbox"/>
VETERAN (60 & UP) [\$10]	<input type="checkbox"/>	<input type="checkbox"/>
1 <sup>st</sup> CUMBERLAND RESIDENT	<input type="checkbox"/>	<input type="checkbox"/>

## OTHER AWARDS

1 <sup>st</sup> FIREMAN	<input type="checkbox"/>
1 <sup>st</sup> POLICE OFFICER	<input type="checkbox"/>
BRYAN SWEENEY (CHS BOY)	<input type="checkbox"/>

**T-Shirt Size**    **S**        **M**        **L**        **XL**

Add \$6.00 if received before 7/1. \$8.00 on race day.