

# 5K Bay Run/Walk

Sunday, September 30, 2018  
South Boston, MA 02127

9:00 a.m. Start



## Benefiting the East Boston Savings Bank Charitable Foundation

**Time:** 9:00 a.m. Race Start - 8:00 a.m. Registration Open

**Place:** Department of Conservation & Recreation/Carson Beach/  
165 Day Blvd / South Boston

**Distance:** 5K Bay Run/Walk

**Entry Fee:** Online \$20 through September 14<sup>th</sup> and \$25 after September 14<sup>th</sup> and on race day

**Registration:**



Online or by mailing in form below

**Course Description:** Overlooking Dorchester Bay and Carson Beach, this very scenic, flat, 5K begins at the DCR's Day Blvd. and heads out toward Castle Island, before looping back to start/finish.

**Age Groups:** Female and Male 18 & Under, 19-29, 30-39, 40-49, 50-59, Over 60

**Awards:** \$250 to top overall male & female runners, \$50 to top male & female runners per age group. (One award per runner)

**Awards Ceremony:** 10:30 a.m. at registration area

**T-Shirts:** ATTENTION REGISTRANTS - Runners and walkers who register by September 14<sup>th</sup> will receive a Dri-Fit long-sleeve shirt on race day!

**Directions & Parking:** Take the Southeast Expressway (Route 93) North or South and get off at exit 15 (Columbia Road) Stay in the left-hand lane and take a left off of the ramp. Go  $\frac{3}{4}$  of the way around the Rotary and bear right onto Day Blvd. Proceed past the Mass State Police Barracks and take your first right into the Bayside Expo North Entrance. Park in the Carson Beach lots next to the DCR's on Day Blvd. Additional street parking available. As a convenient alternative, take the T to the UMass/JFK station directly across the street from the Bayside Expo Center.

**Additional Information:** Free goodie bags and refreshments will be available at the registration area on race day.

**Contact:** Call Ofelia Pedraza at 857-524-1123 or e-mail [OPedraza@ebsb.com](mailto:OPedraza@ebsb.com)

**Mail-in Registration Form  
EBSB 5K Bay Run/Walk  
September 30, 2018**

**\$20 for Mail-in Application**  
**Make checks payable to:**  
East Boston Savings Bank Charitable Foundation

**Mail entry form and \$20 check to:**

East Boston Savings Bank  
Attn: 5K Bay Run/Walk  
455 West Broadway

South Boston, MA 02127

**FILL OUT THIS FORM, PRINT IT, SIGN IT, MAIL IT**

Name:			
Address:			
City, State, Zip:			
Daytime phone:			
Email address:			
Date of birth:			
Age on race date:			
Circle your gender:	MALE	FEMALE	
Circle your T-shirt size:	S	M	L XL XXL
Circle Run or walk:	Runner	Walker	
Non profit organization that referred you:			
Name of East Boston Savings Bank employee that referred you:			
<b>FEES:</b>			
Entry up through September 14 \$20 \$ _____ (Must be postmarked by September 14, 2018)			
_____ \$25 after September 14 and on race day)			
TOTAL ENCLOSED	\$ _____		
<b>Waiver must be read and signed before mailing:</b>			
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of application, I, for myself and anyone entitled to act on my behalf, waive and release East Boston Savings Bank and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. The undersigned further grants full permission to sponsors and or agents authorized by them to use any photographer, video-tapes, motion pictures, recordings or any other record of this event for any purpose. All fees are nonrefundable.			
_____	_____	_____	
Signature	Date	Parent's Signature if under 18	