

*Proceeds
to benefit
Dream Day on
Cape Cod*

Date: Saturday, 9/19/09
Start Times: Run 10:00 a.m.
Walk 9:30 a.m.

Same day registration starts at
8:00 a.m. or pre-register online at
www.capecodathleticclub.org by
9/16/09

Entry fee: \$20/participant
t-shirt for first 100
runners/walkers.

Start / finish at Oyster Pond Parking
Lot, Chatham, MA. Post-race
celebration at the Red Nun Bar & Grill,
746 Main Street, Chatham, MA.

Contact person:
Kathleen Giorgio
774-994-7346 or thenunrun@gmail.com

For more information about
Dream Day on Cape Cod visit
www.dreamdayoncapecod.org.

Red Nun Bar and Grill
3rd Annual



*Prizes for top
male and female
finishers in each
age division.*

*Be sure to join us
at the Red Nun
Bar & Grill (Main
Street, Chatham,
MA) for post-race
food, prizes,
raffle and more!*

Make entry checks payable to Dream Day on Cape Cod

Mail form and entry fee to:

Nun Run
c/o Dream Day
on Cape Cod
PO Box 364
Yarmouthport, MA 02675

Name _____

Address _____

Phone _____

T-shirt size: S M L X Choose: 5K run 5K walk

Sex _____

Age on race day _____

In consideration of my entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against Nun Run organizers and Dream Day on Cape Cod, and their successors and assigns, for any and all injuries suffered by me while traveling to and from, and while participating in the Nun Run. I also attest that I am physically fit and sufficiently trained to participate in the event. I also give my permission for the use of my name and/or likeness in broadcast or written accounts of the event.

Signature (parent or guardian if under age 18) _____

Date _____