

 R.T. Foard & Jones  
presents



**One Mile  
Walk Or Run!**

**Prize Money**  
\$100 - Overall Male  
\$100 - Overall Female

**Free T-Shirts to first  
250 registered**

**Time:** 9:00am  
(Registration starts at 8:00am until 8:45am @Fusion Fitness Center)

**Location:** 280 East Main St., Suite 118  
Newark, DE 19711

**Race Course:** 1 mile race from Newark Library to Deer Park Tavern -  
where the awards ceremony & refreshments will follow

**Cost:** \$20 pre-registration (until 10/1/14)  
Register online at [FusionRaceTiming.com](http://FusionRaceTiming.com)  
\$25 - after 10/1/14 thru day of event

Name(printed): \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Shirt Size (Unisex Sizes)    S    M    L    XL    Gender:    Male    Female

Walker - Runner (please circle appropriately)

Signature: \_\_\_\_\_ Guardian (if under 18): \_\_\_\_\_

In consideration of this entry being accepted, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators, waive and release any and all rights I have against the organization holding this event, its agents, representatives, successors, and assign for any and all injuries suffered by me at said event.

**Make Checks payable to: City of Newark/Main Street Mile**  
**Send Checks and Registration to:**  
**Fusion Fitness Center/Main Street Mile, 280 East Main St., Suite 118, Newark, DE, 19711**

