

Come Join In The Tradition of the 51st Annual

Arnold Mills 4-Mile Road Race

Thursday, July 4, 2019
9 a.m.



Sponsored by the Arnold Mills Parade Association

Pre-Entry Fee
(Before July 1)
\$15
Post Entry Fee
(Day of Race)
\$18
T-Shirts
\$10

AWARDS:
Trophies & Merchandise In Several Different Categories

Moderately challenging out-and-back course that begins and ends near the North Cumberland Fire Station on Nate Whipple Highway in Cumberland, R.I. (Route 122).

WAIVER: 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 administrators, waive and release any and all rights and claims and damages I may have against the Arnold Mills Parade Association, USA 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.

Print Name _____ Age _____ Male _____ Female _____
 Address _____ Phone _____
 City _____ State _____ Zip Code _____ E-mail _____
 Signature _____
 Club or School _____ USA Track & Field Registration No. _____

PLEASE check appropriate category

Division	Male	Female	Division	Male	Female	Division	Male	Female
Junior (under 15)	___	___	Master (40-49)	___	___	First Cumberland resident	___	___
Intermediate (15-17)	___	___	Senior Master (50-59)	___	___	Bryan Sweeney (First CHS boy)	___	___
Open (18-39)	___	___	Veteran (60-69)	___	___	First Firefighter	___	___
			Senior Veteran (70-plus)	___	___	First Police Officer	___	___

Complete above form and include with check or money order. Check made payable to Arnold Mills Parade Association . Mail to Stephen Mazzone, 12 Chestnut Street, Cumberland, RI 02864. For more information, email smazzone5@gmail.com. Check out our website at www.arnoldmillsparade.com