Proceeds from the race will benefit the National Marine Life Center (NMLC). NMLC is an independent, non-profit, 501(c)(3) marine animal hospital and science and education center. Our mission is to rehabilitate and release stranded marine mammals and sea turtles in order to advance science and education in marine wildlife health and conservation.

National Marine Life Center
P.O. Box 269, 120 Main Street
Buzzards Bay, MA 02532
(508) 743-9888
nmlc@nmlc.org
www.NMLC.org

Join runners, walkers, and animal lovers in a 5K run/walk to raise money for the National Marine Life Center! This fun, family oriented, pet friendly event takes place along the beautiful Cape Cod Canal at Buzzards Bay Park.

Refreshments, music, fun!

Run, walk, roll, stroll, frolic, flip, and help marine animals!

Saturday May 16, 2020
9 am Start
Rain or Shine
Where:
Race begins at the Buzzards Bay Village Park at the West end of Main Street next to the train station.

When:
Saturday, May 16, 2020
9 am Start

Fee:
$30 for Pre-Registration
$40 Race Day Registration
* Discounts for students!

Parking:
Available at the Buzzards Bay Park registration site.

T-Shirts & Nalgene Bottles:
FREE to the first 200 participants to pre-register!

Water Stations:
Located along route.

We’re GOING GREEN!
This is an eco-friendly race.

Awards will be given to the Overall, 1st, 2nd, & 3rd place runners (male & female) in the following categories.

- Neonate (12 & Under)
- Pup/Hatchling (13-19)
- Weanling (20-29)
- Juvenile (30-39)
- Sub-Adult (40-49)
- Adult (50-59)
- Senior (60+)

Racers must provide all information on the registration form to be eligible for an award.

Sponsorship opportunities available!
Call or visit www.nmlc for details.

CHIP Timing
By Granite State Race Services

Registration
Pre-registration forms must be received by 5 pm on Wednesday, May 13, 2020

- Pre-Registration $30
- Pre-Registration Student $25
- Race Day $40
- Race Day Student $35

Shirt Size:______ Check One: ____Run ____Walk

Name:_________________________________________
Mailing Address:________________________________
City:____________________ State:____ Zip:_________
Telephone:(___)_______________________________
Email:________________________________________
Gender:______ Age on Race Day:______________

I certify that I have sufficiently trained for this event and that my physician has certified that I am physically fit to compete. In consideration of my application being accepted, I release and hold harmless the National Marine Life Center, Inc., all of its agents, and all of its sponsors from any and all claims of damage and waive all rights to any claims of damages that I might have as a result of or in any way connected to my participation in the Feet, Fins & Flippers 5K. This release includes any claims based on any neglect or negligent omission on the part of the National Marine Life Center, Inc. and its agents. I give my express permission for any likeness of me or any recordings of me taken by any media in conjunction with the race to be use in any manner deemed suitable by the National Marine Life Center, Inc.

Method of Payment: _____Check _____Visa _____MC

Cardholder’s Name:__________________________________________________
Cardholder’s Address:_________________________________________________
City:____________________ State:____ Zip:________
Credit Card #:____________________ Exp Date:____
Signature____________________ Code:_____

Call or visit www.nmlc for details.