



NATIONAL
MARINE
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C E N T E R

Caring for Stranded Marine Animals

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 02532-0269
(508) 743-9888
nmlc@nmlc.org
www.NMLC.org

P.O. Box 269, 120 Main Street
Buzzards Bay, MA 02532



Feet, Fins, & Flippers 5K



Join runners, walkers, and animal lovers in a 5K run/walk to raise money for the National Marine Life Center! This fun, family orientated, 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**



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Caring for Stranded Marine Animals



10th Annual
Feet Fins & Flippers 5K
National Marine Life Center
Buzzards Bay, MA May 16, 2020

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.

CHIP Timing

By Granite State Race Services



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.



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: _____