

Date: Sunday, October 25th, 2009
Time: Registration Starts at 11:30
Race Starts at 1:00pm
Place: Jamestown Recreation Center
41 Conanicus Avenue, Jamestown
Course: Map available at registration
Entry Fee: \$18 pre-entry (before 10/22)
\$20 post-entry

PRSRT STD
U.S. Postage Paid
East Greenwich, RI
Permit No. 176

Online registration available at
www.needtorace.com

All pre entries will receive
a complimentary T-shirt.

Results by +ORGANIZATION PLUS+
Road Race Management Services

**Don't forget to register
at the Recreation Center!!**

Please make checks payable to and send to:
Jack O'Lantern Jog
P.O. Box 377
Jamestown, RI 02835



For More Information
Please Call (401) 423-7260
Email: jgoldstein@jamestownri.net
www.jamestownri.net/rec/rec.html

Thanks to all the volunteers who helped with our
20th annual jog. All proceeds will benefit the
Jamestown Recreation Scholarship Fund

Jamestown Jack O'Lantern Jog
P.O. Box 377
Jamestown, RI 02835

21st Annual
Jamestown
Jack O' Lantern Jog 5K
Sunday, October 25th, 2009



*A 5K (3.1 mile) Road Race
with Prizes for Runners
& Costumed Runners!!
Walkers Encouraged Too!*

Sponsored by the
Jamestown Parks & Recreation Dept.

Directions

From Route 95 North:

Route 95 North to Route 138 east. Follow Route 138 east out. It will eventually merge with Route 1 North, when it does you will have to turn left at the intersection. Follow Route 1/Route 138 east and take the Jamestown & Newport Bridge/138 east exit. Follow Route 138 east over the Jamestown Bridge and take first exit off the bridge. At the second stop sign take a right onto North Rd. Follow North Rd to a 4-way intersection with a blinking light. Take a left onto Narragansett Ave. Follow road out and at the stop sign take a right onto Conanicus Ave. The Recreation Center is the second building on the right.

From Route 95 South

Route 95 South to Route 4. Follow Route 4 and it will eventually turn into Route 1. Take the Jamestown & Newport Bridge/Route 138 east exit. Follow Route 138 east over the Jamestown Bridge. Follow the remaining directions above.

From Newport

After paying the Newport Bridge toll take first and immediate exit. Bear right at the yield sign. At the stop sign take a left onto Conanicus Avenue. Follow Conanicus Ave out to stop sign. Go straight at stop sign and the Recreation Center is the Second building on the right.

Awards

*Awards will be given to the top 3 men and women overall and the first woman and first man in each category.
(No duplicate awards)*

Group	AGE
<i>Pee Wee</i>	<i>Under 12</i>
<i>Junior</i>	<i>13-18</i>
<i>Open</i>	<i>19-39</i>
<i>Master</i>	<i>40-49</i>
<i>Senior</i>	<i>50-59</i>
<i>Veteran</i>	<i>60-70</i>
<i>V.I.P</i>	<i>70+</i>

Awards will be given after the race for winners of the following costume divisions:

(one per entrant)

Fastest Costume

Best Costume

Best Group Costume (3 or more)

Best Duo Costume

Best Youth Costume (18 & Under)

Hardest Costume to Run In

Please check in at the Recreation Center to enter yourself in the costume competition!!!

2009 Official Entry Form

Name _____

Street _____

City _____

State _____

Zip Code _____

Phone () _____

Age _____ Sex _____

For participants in the Jack O'Lantern Jog: In accordance with Section 7-6-9 of Rhode Island General Laws (entitled "Exemption from Liability to participants in Sponsored Athletic Sports Events"): I agree to assume all responsibility for any risk or damage or injury that may occur to me as a participant of the Jack O'Lantern Jog. I hereby, for myself, my heirs, executors and administrators, release and discharge the Town of Jamestown, the Sponsors, USA Track & Field, USATF New England Assoc., and any and all persons connected with this event from all claims arising from my participation in this event. **I also agree to take responsibility for arriving to register for the race at least 30 minutes prior to the start of the race and for knowing the course layout.**

Signature (parent if under 18)

Date