

AWARDS

Prize Money to 5K winners, Trophies, medals, neck ribbons ! No one goes home empty handed!

T-SHIRTS

Color cotton T-shirts are included with entry for children 12 and under. Add \$6 for T-shirt if age 13 and above.

COURSE: 5 K USATF

Level along Great Plain Ave. (1st mile). Gradual elevation drop along shady picturesque South Street to 2 mile mark. Level 1/2 mile along Dedham Ave. and then regains elevation to Bradford & Harris Ave.

FACILITIES

Bathrooms at Pollard School & portables. No changing or shower facilities.

ENTERTAINMENT

Magic show, Face painting, the Great Bear,

REFRESHMENTS

Free refreshments available to all participants at our food tent. Pizza Buffet available for \$6 extra to athletes and spectators.

ENTRY FEE

Get a real good deal... Register in advance!



Entry received by	Race
April 23	April 30
\$15	\$18
	Day
	\$21

T-Shirts *

Children 12 and under: *included with entry*
 Age 13 and over: **add \$6**

Pizza Buffet \$6 ~ Extra Race \$6

The 19th Romping of Needham's annual one-of-a-kind race event

Sunday May 3, 2009 Race Schedule		
Brown Bear	5K Run	11:30
Tiny Tots Bearathon	26 meters (age 0-3)	12:30
Black Bear	1 Mile Fun Run / Walk	1:00
Panda Cub	400m (age 7-14)	1:30
Honey Cub	100m (age 4,5)	2:15
Polar Cub	200m (age 6)	2:30
Koala Bear	1 Mile Run	3:00

Large Bob Ayoub Memorial Trophy given to first place youth (m&f age 14 or under) in 1 mile race

AGE GROUPS

5K Run	1 Mile Run	400m Run	200m Run
0 - 10	0 - 6	7	6
11-14	7 - 8	8	
15-19	9 - 10	9	
20-24	11-12	10	100m Run
25-29	13-15	11	4
30-34	16-19	12	5
35-39	20-29	13-14	
40-44	30-39		
45-49	40-49		
50-54	50-60		
55-59	60+		
60-64			
65-69			
70+			



*T-shirts on race day subject to availability



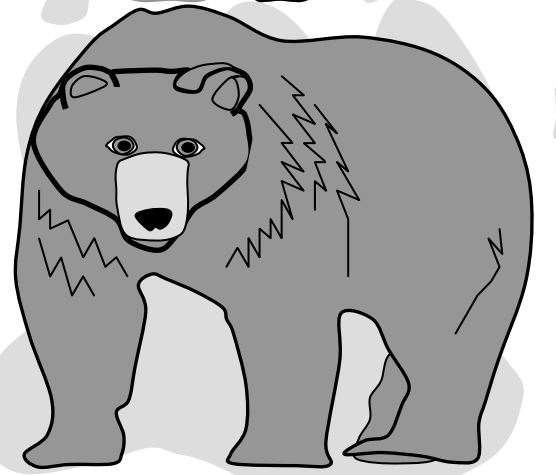
More races More awards More fun ! May 3, 2009

Non-Profit Org.
 BULK RATE
 U.S. Postage
PAID
 Boston, Mass.
 Permit No. 58314

Needham Track Club
 53 Coulton Park,
 Needham, MA 02492

Needham Track Club's 19th romping of

the
Great Bear Run



Pollard School
 Needham, MA
Sunday May 3, 2009

- 🏆 **5K**
- 🏆 **1 Mile**
- 🏆 **Famous Kids Races**

