

# 10<sup>th</sup> Annual Run for Tara ~~2010~~ 11/11/11

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Adult: \_\_ Student: \_\_ Phone: \_\_\_\_\_  
*optional*

### Please check:

- \$15.00 Early registration (Deadline November 6)  
 \$20.00 Day of Race  \$10.00 Student  
 5K Walk 10:00 a.m.  5K Race 10:30 a.m.  
 Donation  ¼ mile 3-8 yrs. 11:11 am  
*[free]*  
Cash  Check  Runner  Walker  Volunteer

*The first 200 to register will receive a free race t-shirt.*

I would like to pick up a t-shirt on 11/11/11:

S \_\_\_ M \_\_\_ L \_\_\_ X-L \_\_\_

\_\_\_ I will not want a t-shirt

Make check payable: Tara Fund

Mail to: 127 Pomeroy Meadow Road  
Southampton, MA 01073

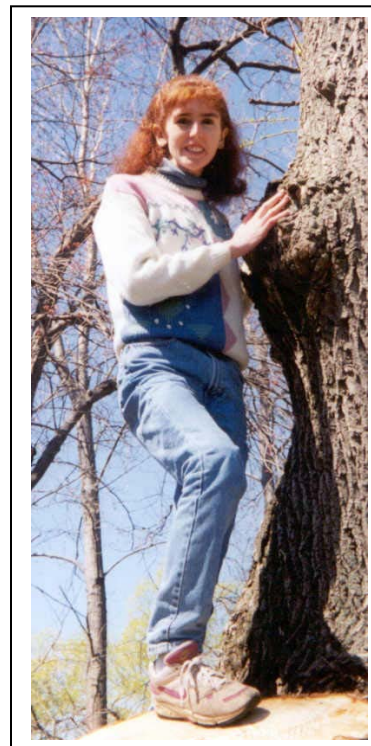
Signature: \_\_\_\_\_

*In signing this entry, I for myself, my heirs, executors and administrators, waive and release any and all claims for damage and liabilities in case of death or injury received during participation in the walk/race that I may have against anyone sponsoring, sanctioning or maintaining this race. If the runner is 18 or younger, this form must be signed by parent or guardian.*

If you would like to volunteer, please call:  
**The Sheehans ♣ 413-527-3305**

This is a non-competitive race held in memory of Tara Sheehan, who died in February 2002 after a long struggle with anorexia. Tara was a loving and caring young woman, who helped many people during her short life. She was also an avid long-distance runner and an alumna of Williston Northampton School. The Run/Walk for Tara benefits the Tara Fund, which assists people with eating disorders.

Our goal is to create a greater understanding of the



growing and alarming problem of eating disorders, and to help individuals and families take the steps needed to prevent this terrible disease.

The Run/Walk for Tara is a race open to all, held on November 11, rain or shine, Tara's birthday, to celebrate her life and to continue her legacy of helping other people.

The proceeds from the Run/Walk for Tara go to benefit programs for people with eating disorders.

### Directions

#### *From Northampton:*

Rt. 10 to Easthampton (approximately 4.5 miles). Merge around town green. At light, merge left onto Park Street. Turn left on Taft Ave.

#### *From Holyoke/Springfield:*

Interstate 91 to Exit 17B (Rte. 141) to Easthampton. Travel approximately 3.5 miles to bottom of Rte. 141, bear left to Cottage St. Turn left on Williston (at Nashawannock Pond). Turn right on Ward St. Turn left on Higsen. Turn right on Taft Ave.

#### *From Westfield:*

Rte. 10 to Easthampton, through Southampton. Turn right on South St. Sharp left onto Park St. Turn right on Taft Ave.