



9th Annual Captain Gerald F. DeConto, USN, Memorial Scholarship

5K Run-Walk

Sunday, September 19, 2010

Sandwich, MA

Welcome to the 9th annual Captain Gerald F. DeConto, USN Scholarship Fund 5K Run and Walk. Captain Gerald F. DeConto, USN was killed at the age of 44 in the September 11th terrorist attack on the Pentagon. A scholarship fund has been set up in his memory to honor him and the legacy he left behind which is one of service to his country, leadership, friendship and love of life and family. A scholarship is awarded each year from the fund to a deserving Sandwich High School senior.

5K Course

The 5K starts with a brief memorial tribute at 9:00 a.m. on Sunday September 19, 2010 at Russell's Corner (corner of Rte. 6A and Jarvis Street) in Sandwich, MA. The course is a scenic 3.1 mile route through the center of Sandwich to the Sandwich Marina and beach area finishing at the Super Stop & Shop Plaza in Merchant Square in Sandwich. Runners and walkers are welcome. Runners will leave the starting line first with official timing by Spitler Race Systems of Pawtucket RI.

Beneficiary

The Captain Gerald F. DeConto Scholarship was started by Captain DeConto's family after he was killed on September 11th. Captain DeConto grew up on Cape Cod where most people still refer to him simply as "Jerry". Jerry was a dedicated Naval officer who was respected and admired by those he served for, by those he served with, and by those who served for him. At the time of the terrorist attack on the Pentagon Jerry was in charge of the Navy Command Center and was in direct communication with the Secretary of the Navy coordinating the Navy's response to the attacks on the World Trade Center. Jerry was a high-spirited, caring person who truly loved life, his friends and his family. He enjoyed many activities, one of which was running, and he enjoyed them most when they were shared with family and friends. It is his family's hope that through the scholarship fund, Jerry will continue to influence the lives of young people and that his memory and the ideals he believed in will live on.

The 9th Annual Captain Gerald F. DeConto, USN, Memorial Scholarship 5K Run/Walk Sunday September 19, 2010

Entry Form

Last Name	First Name	M.I.	Date of Birth (mm/dd/yyyy)	Age
Mailing Address (Street or PO Box)	City or Town	State	Zip Code	
Home Phone	<input type="checkbox"/> Run <input type="checkbox"/> Walk	<input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	

Email Address

ENTRY FEE: Over 18: \$20.00; 18 and under: \$15.00 Please make checks payable to THE CAPTAIN GERALD F. DECONTO SCHOLARSHIP FUND. If you will not be entering the Race/Walk but would like to make a contribution to the Gerald F. DeConto Scholarship Fund please check here and enter the amount \$_____.

Registration forms and checks may be mailed directly to The Captain Gerald F. DeConto Scholarship Fund, P.O. Box 824, Sandwich, MA 02563. Forms may also be dropped off at the registration events on September 18, 2010; 10am to 5pm, Stop & Shop Plaza Merchants Square, Sandwich, MA or prior to the race on September 19, 2010; 7:30am to 8:30am, Russell's Corner, Sandwich MA.

WAIVER AND RELEASE FROM LIABILITY (Must Be Signed)

I agree to assume all responsibility for all risk of damage or injury to me as a participant in this event. As consideration of being accepted as an entrant in the ninth annual Gerald F. DeConto Scholarship Fund 5K Race/Walk, I hereby, for myself, my heirs, executors, administrators, and assigns, release and waive Russell's Corner, The Town of Sandwich, race sponsors, volunteers, agents, representatives and all other individuals associated with the race from all claims, damages, rights of actions, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I hereby certify that I am physically fit and sufficiently trained to enter this event. I also grant permission for the use of my name and or picture in any broadcast, photograph, or other account of this race.

Signature: _____ Parent (if under 18) _____

Date: _____

Registration
& Entry Fee

The entry fee is payable directly to the Captain Gerald F. DeConto Scholarship Fund, P.O. Box 824, Sandwich, MA 02563. All participants must fill out and sign the registration form. The first 500 registered participants will receive a race T-shirt. All registered participants will receive a race number. ENTRY FEE: Over 18: \$20.00; 18 and under: \$15.00

Registration forms may be mailed directly to The Captain Gerald F. DeConto Scholarship Fund, P.O. Box 824, Sandwich, MA 02563, or forms may be dropped off at one of the following registration events.

- Registration for the race will be held from 10:00 am to 5:00 pm on Saturday, September 18, 2010 at the Super Stop & Shop Plaza, Merchant Square, (off Route 6A) in Sandwich, MA.
- Limited registration will take place on the morning of the race from 7:30 am to 8:30 am, at the race start location (Russell's Corner). We suggest that you pre-register if possible to avoid long lines the morning of the race.

For More
Information

The entry form, parking information and other details are available at www.GeraldDeConto5k.com or call (508) 888-8571.

Directions

Travel over the Sagamore Bridge onto Route 6 east and take Exit 1, Route 6A Sagamore-Sandwich. Go 1/2 mile to the ramp's end and turn right at the light onto Route 6A East. Take 6A East about 2 1/2 miles. Russell's Corner will be on your right at the lights on the corner of Route 6A and Jarvis Street. From Hyannis: Take Route 6 West. Just before the Sagamore Bridge take Exit 1, Route 6A Sagamore. Go 3/4 -mile. At Mobil gas (on left) bear right onto Route 6A East. Go 1 1/2 mile East on 6A. Russell's corner will be on your right at the lights on the corner of Route 6A and Jarvis Street. Parking information is available at www.GeraldDeConto5k.com

Timing

Official timing by Spitler Race Systems of Pawtucket, RI. Results posted on coolrunning.com

Awards

Cash awards will be given to overall male and female winner.

Gold, Silver, and Bronze medals will be awarded to all age categories:
12 and under | 13-15 | 16-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70 and over

Race day raffles open to the public; Kayak and more ...

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