

September 11, 2015

Newsletter

# Center School

*Ross Mulkerin*

*Principal*

*rmulkerin@nrsd.net*

*Karen Cronin*

*Assistant Principal*

*kcronin@nrsd.net*

**THE CENTER  
SCHOOL**

*403 Great Road*

*Stow, MA 01775*

*978-897-0290*

*978-897-5739 fax*

September 11, 2015

Dear Center School Community,

Having a three day week and a four day week to start the year, makes me excited to have a full five days of school next week! I have spent the beginning of this year getting into as many classrooms as possible and continuing to meet our great students. My Tom Brady jersey was helpful in starting many conversations yesterday for sure!

As we begin our year with assessment of student academics, we get into the critical work of planning and implementing effective instruction. In meeting with grade level teams of teachers, we have begun open dialogue on what has been successful and where we want to focus our efforts next. There is a true sense of team within this building and I could not be more pleased to have stepped into that type of environment. We also welcomed several new team members at the beginning of this year:

Mrs. Lisandra Flynn- 3rd Grade Classroom Teacher

Mrs. Taylor Phillips- 3rd Grade Special Education Teacher

Mrs. Kim Terwilliger- Interventionist (School Counselor) Grades K-2

Mrs. Jean Niland- Literacy Specialist (.5 Center /.5 Hale)

Mrs. Carla Dumas- School Nurse

Mrs. Loren Doherty –Special Educator Grade 5

As you are also aware, our new Assistant Principal, Mrs. Karen Cronin, started this week.

I want to invite parents and guardians to our Curriculum Night for Grades 1-5 on Tuesday, September 15th. This is a chance for parents and guardians to visit their child's classroom and learn more about the year ahead. Our schedule for next Tuesday will be as follows:

6:15-6:45: Classroom presentations for grades 1-2

6:45-7:00: Specialists\* open house in the cafeteria for grades 1-2

7:00-7:15: Specialists\* open house in the cafeteria for grades 3-5

7:15-7:45: Classroom presentations for grades 3-5

\*Specialists= Art, PE, Health, Computer, Tech Ed., Library, Music

The Kindergarten Open House will be on Tuesday, September 29th from 6:30-7:00 pm. I believe we will have a strong parent turn-out and I look forward to see everyone then.

Given that today is the anniversary of the tragic events of September 11, 2001, I would be regretful if I did not mention the gratefulness that we all have for our first responders within Stow and across our nation. Another huge thank you goes to active and veteran armed services members that are at home and abroad. While several years have passed since that day, our appreciation for your courage and work should never age.

Please enjoy the weekend. I know I am looking forward to some family time and planning for the first full week of school!

In partnership,

Ross Mulkerin

Principal

September 11, 2015

# School News

## S e p t e m b e r

14	7 <sup>00</sup> pm SPTO Meeting
15	6 <sup>15</sup> – 6 <sup>45</sup> Gr 1-2 Open House
	6 <sup>45</sup> – 7 <sup>00</sup> Gr 1-2 Specialists Open House
	7 <sup>00</sup> – 7 <sup>15</sup> Gr 3 -5 Specialists Open House
	7 <sup>15</sup> – 6 <sup>45</sup> Gr 3 -5 Open House
16	Gr 2 Electricity Program
	7 <sup>00</sup> pm SEPAC Kick Off Meeting
17	6 <sup>30</sup> Instrument Rental Night
18	<b>12:15 PM Early Release</b>
23	3 <sup>30</sup> School Council
24	Gr 1 Apple Activity Day
29	6 <sup>30</sup> – 7 <sup>00</sup> Kindergarten Open House
30	PTO sponsored program "Food Play"

## O c t o b e r

1	7 <sup>45</sup> Grade 5 Band
6	Kindergarten Field trip to Honey Pot
8	7 <sup>45</sup> Grade 5 Band
9	<b>12:15 PM Early Release</b>
12	<b>NO SCHOOL ~ Columbus Day</b>
14	7 <sup>45</sup> Grade 4 Band
15	7 <sup>45</sup> Grade 5 Band
19	9 <sup>00</sup> am PTO Meeting
21	7 <sup>45</sup> Grade 4 Band
22	7 <sup>45</sup> Grade 5 Band

	Purple Pinky Day
28	7 <sup>45</sup> Grade 4 Band
	Gr 2 Fall Activity Day
29	7 <sup>45</sup> Grade 5 Band
30	SPTO sponsored Halloween Dance at Hale
31	Halloween

**September News from NRSD Health Services:**

Welcome back! We are looking forward to a healthy, happy school year. A few health-related notes:

*Coming soon!* Nashoba Regional Health Services website – link will be available on the District Website – [www.nrsd.net](http://www.nrsd.net).

**Follow us on Twitter:** @NRSDHealthServices

**HEALTH FORMS:** 1) Please review/complete/update and return your child’s “Student Emergency and Health Record” which was sent home on the first day of school. This form provides the school with contact information, various permissions, and medical information that must be updated each year. 2) Be sure to provide the school nurse with new medication orders, care plans and a fresh supply of medication if your child needs it at school. 3) If you would like to inform the bus company/bus drivers of a medical condition, complete the School Bus Medical Emergency Information Form (sent home or emailed) and send it to the address at the bottom of the form. 4) If your child is entering the school system (preschool, kindergarten or transfers into any grade), or is entering 4<sup>th</sup>, 7<sup>th</sup> or 10<sup>th</sup> grade, please supply a physical (within the last year) and updated immunization record to the school nurse.

**SCHOOL MEDICATION ADMINISTRATION:** Each year the district’s school nurses work with parents and guardians to develop plans for both prescribed and over the counter medications that may need to be administered to students during the school day. In the case of certain over the counter (OTC) medications, our district physician writes standing orders which allow nurses to dispense ibuprofen (Advil, Motrin), acetaminophen (Tylenol), diphenhydramine (Benadryl), antacids and some topicals (calamine lotion, hydrocortisone cream, bacitracin) with additional written and sometimes verbal permission from the parent or guardian. All medications must be administered under the direct supervision of the school nurse in the schools’ Health Offices, unless specific criteria are met which would allow a student to self-carry and self-administer certain medications. In response to increasing concerns about insect-borne illnesses and sun exposure, our school physician has added authorization for the administration of insect repellent and sunscreen to students at school. As with any medication, parents must consult with their child’s school nurse to develop a medication plan. In some cases, nurses may authorize the self-application of these products by students. If you have any questions about the protocol for administration of these or any other over the counter medicines, please contact your school’s nurse.

For prescription medications and OTC medications not covered by district standing orders, the following applies:

Medications (**both over-the-counter and prescription**) may be administered at school by the nurse with a written order from a licensed health care provider and with parent permission.

No student may carry prescription or over-the-counter medication, including inhalers, at school without prior approval of the healthcare provider and school nurse.

All medications should be delivered to the school nurse by a parent or responsible adult. Children are not allowed to carry medications to school. All medications must be in the original pharmacy or manufacturer's container. No other containers will be accepted.

**MANDATED HEALTH SCREENINGS:** All schools are mandated by the Commonwealth of Massachusetts to perform health screenings, including hearing, vision, growth/BMI (height/weight) and postural (scoliosis), each year in certain grade levels. If you have any questions or concerns, or would like to exclude your child from any screenings, contact your school nurse.

**STUDENT ACCIDENT INSURANCE:** Is available for purchase through QBE Insurance. Please contact your school nurse for information.

**ATTENDANCE:** Please notify the school daily as soon as you determine that your child will be late or absent due to an injury, illness or other "unscheduled" circumstance. For planned absences (i.e. vacations), a single notice is sufficient. Each school has an email address that we encourage you to use for this purpose:

Mary Rowlandson Elementary – [MREattendance@nrsd.net](mailto:MREattendance@nrsd.net)

Luther Burbank Middle School – [LBMSattendance@nrsd.net](mailto:LBMSattendance@nrsd.net)

Nashoba Regional High School – [NRHSattendance@nrsd.net](mailto:NRHSattendance@nrsd.net)

Florence Sawyer School/Emerson – [FSSattendance@nrsd.net](mailto:FSSattendance@nrsd.net)

**Center Elementary School** – [centerattendance@nrsd.net](mailto:centerattendance@nrsd.net)

Hale Middle School\* (note different format) – [Halenurse@nrsd.net](mailto:Halenurse@nrsd.net)

**FLU SEASON:** It is not too early to think about protecting yourself and your family from the flu! CDC recommends a yearly [flu vaccine](#) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

In addition to getting a seasonal flu vaccine if you have not already gotten vaccinated, you can take [everyday preventive actions](#) like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

Thank you! Feel free to contact your school nurse with questions.



# NASHOBA

Regional School District

**(O) 978-779-0539**

Michael L. Wood  
Superintendent

**50 Mechanic Street, Bolton, MA 01740**

**(F) 978-779-5537**

George P. King, Jr.  
Assistant Superintendent

## **COMMUNITY OUTREACH School Year 2015/2016**

**To:** Day Care Providers, Private Preschools, Physicians, Dentists &  
Private/Parochial Schools, Parents

**From:** Tracy Conte, Director of Special Education  
Nashoba Regional School District (Bolton, Lancaster, Stow)

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The Nashoba Regional School district needs your help to identify all children in the community, ages 3 to 21, who may require special education or 504 services. If you are aware of a child who has or may have an educational disability, who may not be known to the district, please contact the Special Education Department @ 978-779-0539 x3013. Thank you.

September 10, 2015

# SPTO News

## Stow Parent Teacher Organization

*"A community of parents working together to support our town's public schools"*

September 4, 2015

Hello Center School Community,

Welcome back to school from the SPTO @ Center!

Our first meeting of the year is **Monday, September 14 at 7PM in the Center School Science Room**. We will have an informal meet and greet beginning at 6:30 if you would like to learn about how you can be involved in the Stow PTO! Come out and enjoy light snacks and a slide show of the photos from last year's events. The meeting will begin at 7 PM. We hope you can join us!

If you are new to the school or to our PTO and want to learn about the ways in which we support the school community, it should be a relaxed evening. Parent volunteers who head up various areas will say some words about what they do.

We would like to continue to have a very active PTO and are proud of our annual accomplishments. We provide many functions that enrich the school community in the areas of

- Community events - Muffins with Mom, Donuts with Dad, end of school picnic
- In-school support - project prep for teachers, class field trips
- Arts and culture programs – Discovery Museum, Rainforest Reptiles, Pumpernickel Puppets, trips to the theater
- Fundraising to support these all school activities

To stay as active as we are, we always need more help. By being involved in SPTO, in large or not-so-large ways, you are helping to keep our school, community, and town strong and vibrant.

Also **SAVE THE DATE:** Our first event is the annual **Halloween Dance** on Friday **October 30 from 4-6 PM** at the Hale School gymnasium! Wear your costumes and get ready for some spooky fun!

If you have any questions, please don't hesitate to get in touch by just replying to this email or to [Chair@stowpto.org](mailto:Chair@stowpto.org). Welcome back to school, and we hope to see you Monday September 14!

Susan Norris Co Chair

Kristen DeLuco Co Chair

*Note: The Stow PTO at Center is on Facebook! If you are on Facebook, "liking" us is a good way to keep abreast of current happenings. Please visit:*

[www.facebook.com/stowpto](http://www.facebook.com/stowpto)

September 10, 2015

# Community News

**Stow boys grades 1 through 5;** Join Stow Cub Scouts Pack 39 at our open house informational pack meeting on Monday September 14th 6:30pm-8:00pm at Center School Cafeteria to learn about Cub Scouts and Stow Pack 39. Pizza will be served at 6:30pm. For more information see <http://pack39stow.org>



## Upcoming Events at the Randall Library in September (For more details check out <http://www.randalllibrarystow.org>)

**Baby Lapsit Story Time, Wednesdays @ 11:00am**—Specially designed to encourage infant cognitive development. This is a great way to bond with your baby, and meet other parents. Please note: There will be NO BABY LAPSIT on June 17<sup>th</sup>

**Randall Library Book Club, Every 3<sup>rd</sup> Tuesday of the Month @7:00pm**-Drop in and join the Randall Library Book group! The next meeting will be on September 15<sup>th</sup> and the book is *A Man Called Ove*, by Fredrik Backman

### **Preschool Story Time, Fridays @ 10:30am-**

- Sept. 4<sup>th</sup>- Cynthia Maxfield, Every Child Ready to Read
- Sept. 11<sup>th</sup>—Bubble Party!
- Sept. 18<sup>th</sup>-Bi-Lingual Preschool Story Time-French
- Sept. 25<sup>th</sup>- Ninjas!

**SPECIAL EVENT: An afternoon magic show & craft in celebration of Pirate Day.** Friday, Sept. 18<sup>th</sup> from 1 PM – 3 PM. Join Magician Fran Flynn for amazing magic @ 1:30 and decorate sugar skulls from 1 – 3. Generously sponsored by Stow Cub Scout Pack 39.

**Buck-a-Book Sale to Benefit the Randall Library Friends Association!** – The library has a small book sale going on. Check out the special shelf off the new book display area. Help the Randall Library Friends Association and purchase a book for a dollar from our special sale area.

**Teen Advisory Board Meeting Wednesday September 16@ 6:00pm (every third Wednesday of the month)**– If you are a young adult interested in how the Randall Library might be able to purchase books, schedule programs or provide special services for teenagers, come meet with the Teen Advisory Board (TAB) and let your voice be heard.

**Movies every Thursday @ 3:30pm-** Come unwind with your friends and watch a movie together. Popcorn included!

**After School Tutoring Center, Tuesdays 3:30-5:00pm-** Tutors will be available for math and ELA help for students of all ages. Sign-up is required, at the circulation desk. Sessions are free and are for 45 minutes periods of one-on-one help with a tutor.



**After School Origami, Wednesdays@ 3:30pm** - For kids in grades 2 and up. Come work on special origami projects with Mrs. Morrison and take home your creation.

**Introduction to Homeschooling, September 10<sup>th</sup>@ 7:00pm**- Morgan Kennedy Henderson from Advocates for Home Education in Massachusetts will be at the Randall Library to enlighten us on the homeschooling options for educating your family. This will be a great opportunity to learn more about how homeschooling works for families all around Massachusetts.

**Eating Well On A Budget, September 17<sup>th</sup>@ 7:00pm**- Professional nutritionist Lucy Hutch from the Emerson Hospital Nutrition Services Department will be at the Randall Library to explain the best way to get the best "bang for your buck" in terms of food costs and nutrition. This talk will be focused on promoting improved health through good nutrition without breaking your household budget and helping you and your family to improve your quality of life.

**Bi-Lingual Preschool Story-time, Friday, September 18th, @ 10:30am** The Randall Library is having a special story-time. Come join the fun! At this bi-lingual story-time we will be reading a delightful story in both English and French. As with all our Randall Library preschool story-times after the reading we will be making a craft to take home, this time it will be all about France.

**SAPN (Stow Area Parents Network) Baby Playgroup at the Randall Library, Wednesdays 10:30-11**

**SAPN (Stow Area Parents Network) Meeting at the Randall Library, Thursdays 10:15-11:30am**- This is a great opportunity to meet area parents and have your children make new friends (and meet up with old ones!) in a safe, warm and fun environment.



# Cub Scouts Pack 39, Stow

## Open House Pack Meeting!

Join us at our open house pack meeting to learn  
about Cub Scouts and Stow Pack 39

**Boys grades 1-5!**

Center School Cafeteria  
Monday, September 14<sup>th</sup>  
6:30-8:00 p.m.

**Pizza and Popcorn will be served**

Unable to attend? More information on Stow scouts can be  
found at [pack39stow.org](http://pack39stow.org)

**Registration Information**  
*(not required to attend Open House)*

Annual Registration Fee \$45; Boys Life Magazine add \$12(optional).



# Celebrate PIRATE DAY!

An afternoon magic show & craft!



**1 PM Friday, Sept. 18th, Randall Library**

**SPONSORED BY**  
Stow Cub Scout

**PACK 39**

<http://pack39stow.org>

**1:30 MAGIC SHOW**  
**starring** FRAN FLYNN

**1 - 3 Decorate Day of the Dead**  
**SUGAR SKULLS**

Thank you Stow, for supporting Cub Scout Pack 39!

**MASSACHUSETTS MOTHERS OF TWINS ASSOCIATION**

# **TAG SALE**

**GENTLY USED  
CHILDREN'S CLOTHING, BABY  
EQUIPMENT, TOYS & MORE!**

**Over 20,000 items for sale!**

**Saturday, September 19, 2015**

**10AM – 1PM**

**Sts. Anargyroi Church,**

**9 Cashman Street,**

**Marlboro MA**

(no strollers inside please)

**CASH & CREDIT CARD ACCEPTED**

Many mothers in your community are supported by our club. These sales are very high quality and not just for mothers of twins. We just sell double the merchandise!!!

**More info: [www.wscmmota.org](http://www.wscmmota.org) or email  
[tagsale@wscmmota.org](mailto:tagsale@wscmmota.org)**

**ASOCIACIÓN DE MADRES DE GEMELOS DE MASSACHUSETTS**

**VENTA**

**ROPA DE NIÑOS, EQUIPOS PARA BEBES, JUGUETES Y MUCHAS  
COSAS MÁS CON MUY POCO USO! Más de 20,000 artículos a la venta!**

**Sábado 19 de septiembre de 2015, 10AM – 1PM**

**Iglesia Sts. Anargyroi**

**9 Cashman Street**

**Marlboro MA**

(por favor deje los cochecitos afuera)

**ACEPTA DINERO EN EFECTIVO Y TARJETA DE CRÉDITO**

Muchas madres de su comunidad reciben apoyo de nuestra asociación. Estas ventas son artículos de alta calidad y no son solamente para madres de gemelos; solo que vendemos el doble de cosas.

Para más información: [www.wscmmota.org](http://www.wscmmota.org) o por email [tagsale@wscmmota.org](mailto:tagsale@wscmmota.org)

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**ASSOCIAÇÃO de MÃES de GÊMEOS de Massachusetts**

**VENDA**

**de suavemente usada ROUPA PARA CRIANÇA, EQUIPAMENTOS bebê, brinquedos e  
muito mais! Mais de 20.000 itens à venda!**

**Sábado 19 setembro de 2015**

**10:00 am-1:00 pm**

**Igreja Sts. Anargyroi,**

**9 Cashman Street,**

**Marlboro MA**

(carrinhos de bebê não permitidos dentro, por favor)

**Dinheiro e cartão de crédito aceitos**

Muitas mães em sua comunidade são suportadas pelo nosso clube. Estas vendas são de altíssima qualidade e não apenas para as mães de gêmeos. Nós só vendemos o dobro da mercadoria!

**Mais informações: [www.wscmmota.org](http://www.wscmmota.org) ou e-mail [tagsale@wscmmota.org](mailto:tagsale@wscmmota.org)**

4th ANNUAL

# STEPPINGSTONES SCHOOL GOLF CLASSIC



WEDGEWOOD PINES COUNTRY CLUB  
STOW, MA

MONDAY SEPTEMBER 28th, 2015

Along with:



SCRAMBLE FORMAT  
11AM REGISTRATION  
12 NOON SHOTGUN START  
\$600 PER FOURSOME  
\$150 PER INDIVIDUAL

## SPONSORSHIP OPPORTUNITIES

### TITLE SPONSOR \$2,000 Includes (12) Golftickets - SOLD

Title sponsor logo/reference on all major promotional material and event website, name/logo on player gifts, opportunity to include item in player gift bag, (2) prominent hole sponsor signs and reference on welcome banner, recognition at awards dinner

### MAJOR SPONSOR \$1,200 Includes (4) Golftickets

Logo/reference on all major promotional material and event website, opportunity to include item in player gift bag, prominent on-course sponsor sign, recognition at awards dinner

### EXECUTIVE HOLE SPONSOR \$700 Includes (4) Golftickets

Hole sponsor sign, recognition at awards dinner

### LUNCH SPONSOR \$300

Prominent sponsor sign at registration table, recognition at awards dinner

### PUTTING, LONGEST DRIVE, CLOSEST TO PIN CONTEST SPONSORS \$300/EA

Prominent sponsor sign at contest areas, recognition at awards dinner

### HOLE SPONSOR \$100

Hole sponsor sign, recognition at awards dinner

### BEVERAGE STAND SPONSOR \$100

Beverage stand sponsor sign, recognition at awards dinner

INCLUDES LUNCH AND DINNER  
AWARDS & AUCTION AT 5:30PM  
[DINNER ONLY] OPTION  
ALSO AVAILABLE



FOR MORE INFORMATION CONTACT:

Jamie Perry (508) 395-7165

perry.jr@gmail.com

[www.stepsstonesgolfclassic.com](http://www.stepsstonesgolfclassic.com)

# Stow Recreation Basketball



2015/2016  
Season



**No tryouts - all skill levels welcome!**

**Learn to love the game of basketball and take it to the HOOP!!**

<b>WHO</b>	Grades 3 <sup>rd</sup> - 8 <sup>th</sup> (Boys and Girls)
<b>DATES</b>	November 2015 – February 2016
<b>PRACTICES</b>	One per week - determined by your coach
<b>GAMES</b>	One per week - Saturday <u>or</u> Sunday
<b>COST</b>	\$95 first child / \$75 each additional child
<b>REGISTER AT</b>	<a href="http://www.stowhoops.org">www.stowhoops.org</a>

- **REGISTER:** Before **September 30<sup>th</sup>, 2015** to guarantee your child a spot on a team, *otherwise*, child will be wait listed and you will incur a \$25 late fee.
- **EVALUATION NIGHT:** Notifications will be sent out to all who register with date/time/place for Evaluation Night 2015. This is required so we may balance all teams to the best of our ability.
- **SCHOLARSHIPS:** Available upon request and will be kept confidential.
- **COACHING OPPORTUNITIES:** ***We need volunteer coaches in order to run this program!*** Parents interested in coaching can sign up at the website when registering your child. All volunteer coaches will be required to complete a CORI form.



# 9<sup>th</sup> ANNUAL STOW GOBBLER 5K

Thanksgiving Day, 26 November 2015

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<b>Start Time:</b>	8:00 AM	
<b>Place:</b>	<b>Parking:</b> BOSE Corporation 688 Great Road Stow, MA 01775	<b>Race Check-in:</b> Stow Community Park Pavilion 50 Old Bolton Road, Stow (next to BOSE Corp. building)
<b>Registration: (three options)</b>	<b>Option 1 - "Preferred"</b> Go to <a href="http://www.Active.com">www.Active.com</a> and register online until Tues 11/24/15 at 9 am <a href="http://www.active.com/stow-ma/running/distance-running-races/stow-gobbler-5k-2015">http://www.active.com/stow-ma/running/distance-running-races/stow-gobbler-5k-2015</a>  <b>Option 2</b> Go to our website <a href="http://stowgobbler.org/register">http://stowgobbler.org/register</a> and download the registration form; mail to:  Stow Gobbler 5k 35 Heritage Lane Stow, MA 01775  <b>Option 3</b> <i>(if registering after online registration has closed)</i> Register in person during Early Check-in on Wed 11/25 at 3:00-5:00 PM -or- Day-of-race registration will be available @ 6:30 -7:30AM at Stow Community Park	
<b>Early Check-in: (optional but recommended!)</b>	Wednesday, Nov 25 <sup>th</sup> @ 3:00 – 5:00 PM at Stow Community Park, 50 Old Bolton Road, Stow MA	
<b>Distance:</b>	5K Run/Walk      Race course map: <a href="http://stowgobbler.org/about">stowgobbler.org/about</a>	
<b>Entry Fee:</b>	5K Run/Walk: \$22 Adults 13 and up (prior Nov 1 <sup>st</sup> ) \$25 (Nov 1 <sup>st</sup> to Race Day) Children 12 and under: \$10	
<b>T-Shirts:</b>	T-Shirts GUARANTEED for all who pre-register before Nov 1 <sup>st</sup>	
<b>Age Group Awards:</b>	Top overall male and female finishers Top male & female finishers in age groups: 0-15, 16-25, 26-39, 40-59, 60+	
<b>Amenities:</b>	Post-race awards and refreshments at the finish	
<b>Additional Info:</b>	Proceeds benefit Habitat for Humanity and Stow Community Chest USA Track & Field sanctioned (15-02-895) and certified (MA07015JK)	
<b>To make a donation: (Thanks!!)</b>	Make checks payable to: Town of Stow/ Recreation Department 2015 Stow Gobbler 5K, Attn: Laura Greenough 375 Great Road, Stow MA 01775	
<b>Contact us:</b>	Email - <a href="mailto:stowgobbler@gmail.com">stowgobbler@gmail.com</a> Twitter - <a href="https://twitter.com/stowgobbler">@stowgobbler</a> Website - <a href="http://stowgobbler.org">stowgobbler.org</a>	



9<sup>th</sup> ANNUAL STOW GOBBLER 5K  
Thanksgiving Day, 26 November 2015

**Mail-in Registration Form**

USA Track and Field Sanctioned 15-02-895 / USA Track and Field Certified MA 07015JK

Make checks payable to: Town of Stow

Mail registration/entry form to:

Stow Gobbler 5K

Entry fee: 5K Run/Walk \$22 (prior Nov 1<sup>st</sup>)

35 Heritage Lane

\$25 (Nov 1<sup>st</sup> to Race Day)

Stow, MA 01775

Children 12 and under: \$10

Walk-in Registration Closes at 7:30 am on Race Day

**"Preferred" Method of Registration is Online**

(Available until Tuesday Nov 24<sup>th</sup>):

<http://www.active.com/stow-ma/running/distance-running-races/stow-gobbler-5k-2015>

One person per form – PLEASE PRINT NEATLY

Participant Name:			
Circle Gender:	Male	Female	
Age on Race Day:	Date of Birth (mm/dd/yyyy)	/	/
Email Address:			
Daytime Phone:			
Contact Address:			
City, State, ZIP:			
Circle T-Shirt size:	S	M	L XL
(Adult sizes only)	T-Shirts only guaranteed with registrations received PRIOR to Nov 1 <sup>st</sup>		
<b>Waiver must be read and signed before mailing:</b>			
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including extreme cold and/or snow, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. <b>All fees are nonrefundable.</b>			
Signature:			Date:
Parent's Signature if under 18			

Race Info is on our website: [stowgobbler.org](http://stowgobbler.org)

**Additional questions?** Call Laura Greenough at Stow Rec. (978) 461-1411

or contact Katie Piccioli, Hannah Honig or Jacquelyn Harnett at [stowgobbler@gmail.com](mailto:stowgobbler@gmail.com)

or at (978) 793-0214 (Kathy)

9<sup>th</sup> ANNUAL STOW GOBBLER 5K  
Thanksgiving Day, 26 November 2015

## Volunteer Registration Form

USA Track and Field Sanctioned 15-02-895  
USA Track and Field Certified MA 07015JK

Mail or drop off this form to: Stow Gobbler 5K Volunteers  
5 Cardinal Court  
Stow, MA 01775

One person per form – PLEASE PRINT NEATLY

<b>*NAME:</b>			
<b>Address:</b>			
<b>City, State, ZIP</b>			
<b>Home phone:</b>			
<b>*Cell Phone</b>			
<b>*Email address:</b>			
<b>*Circle T-Shirt size (Adult sizes only)</b>	S	M	L      XL
<b>Will you need a confirmation form verifying your service (e.g. for National Honor Society)?</b>	Yes	No	
<b>* REQUIRED INFORMATION</b>			
<b>Waiver must be read and signed before mailing:</b>			
<p>I realize that volunteering at the Stow Gobbler 5K is a potentially hazardous activity. I should not participate at this event unless I am medically able. I assume all risks associated with volunteering including, but not limited to, falls, the effects of weather, the conditions of the roads and traffic on the course, and possible harmful actions by other persons, all such risks being known and appreciated by me. I will not complain about anything. I also agree to wear my assigned volunteer lanyard on race day. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, forever waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.</p>			
<b>Signature</b>		<b>Date</b>	
<b>Parent's Signature if under 18</b>			

Volunteer info is on our website: [stowgobbler.org/volunteer](http://stowgobbler.org/volunteer)

**Additional Questions?** Email the race organizers at [stowgobbler@gmail.com](mailto:stowgobbler@gmail.com) or contact the Volunteer coordinators: Ellen and Katie Piccioli at (978) 618-0251