



4th Annual BJ Williams Road Race

Join Us on Saturday, September 10th!

Proceeds to Benefit the Brain Injury Association of Massachusetts

Join us for the 4th Annual BJ Williams Road Race, featuring a 5K Fun Walk and a 5K Road Race, all to raise money for the Brain Injury Association of Massachusetts! The Brain Injury Association of Massachusetts (BIA-MA) is a not-for-profit organization that provides support services to brain injury survivors and their families, offers programs to prevent brain injuries, educates the public on the risks and impact of brain injury, and advocates for legislation and improved medical services.

The race aims to accommodate all levels of ability by offering several events! The course is on a flat, fully paved, beautiful scenic route through the outer parts of Longmeadow, which runs along the Connecticut and Massachusetts border.

What: An awareness & fundraising walk & run!

Participate at your level!

- 5K (3.1 miles) Fun Walk
- 5K (3.1 miles) Road Race

Location: WolfSwamp Fields, Longmeadow, Massachusetts (across from Twin Hills Country Club)

Start Time: Registration begins at 6:45 AM

- 8:00 AM 5K Fun Walk
- 8:15 AM 5K Road Race

Early Bird Registration: Before August 28th, 2011 (Early registration is recommended.)

- \$15.00 per participant guarantees an event t-shirt and race goodie bag!
- All other registrations, including day-of registrations, are \$20.00 per participant.
- Register online at <https://biama.wufoo.com/forms/4th-annual-bj-williams-walk-and-run-road-race/>

Questions? Find us on Facebook at “4th Annual BJ Williams Walk & Run Road Race”

Contact BJ Williams (T): (413)441-3639 (E): longmeadowroadrace@gmail.com

Learn more about the Brain Injury Association of Massachusetts at www.biama.org

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Register online at <https://biama.wufoo.com/forms/4th-annual-bj-williams-walk-and-run-road-race/> or complete form below and mail to **BIA-MA, 30 Lyman Street, Suite 10, Westborough, MA 01581 Attn: BJ Williams** before August, 28th, 2011 to receive the early bird registration fee of \$15.00 and guarantee your event t-shirt and goodie bag! Checks payable to “BJ Williams Road Race” and cash is also accepted.

Name: _____ **Age:** _____ **Male or Female**

Address: _____ **City:** _____

State: _____ **Zip:** _____ **Phone Number:** (_____) _____

Email: _____ **Are you a TBI survivor?** Yes _____ No _____

Circle Event: 5K Fun Walk 5K Road Race

Circle T-shirt Size: Small Medium Large Extra Large

I am unable to participate in the event, but I will support BJ and BIA-MA with a donation of \$ _____.

The Story Behind the Annual BJ Williams Road Race

On July 28, 2005, BJ Williams, a 21 year old resident of Longmeadow, Massachusetts was involved in a car accident that almost brought his life to an abrupt end. As a result of the injuries sustained in this car crash, BJ was unable to continue pursuing his dream of playing professional hockey. In the face of extreme loss and challenge, BJ persevered and began participating in marathons, road races and Ironman's throughout the country! Join BJ in his efforts to raise awareness about brain injury and raise funds for the Brain Injury Association of Massachusetts!



Why participate in the Annual BJ Williams Road Race?

Why not?! Not only can you participate in a run/walk that is growing year by year, but your contributions will make a difference in your community! It is estimated that at least 5.3 million Americans are faced with long-term challenges and require support as a result of a traumatic brain injury. Survivors of brain injury that live in our communities throughout Massachusetts are facing decreases in services due to budget cuts. The Brain Injury Association of Massachusetts needs our support now more than ever!

What is a Traumatic Brain Injury (TBI)?

Traumatic brain injury (TBI) is an injury to the head caused by an external physical force. Most traumatic brain injuries are caused by accidents or assaults to the skull that are sufficiently hard to cause the brain to move within the skull or to cause the skull to break and directly injure the brain. TBI may produce a diminished or altered state of consciousness and an impairment of cognitive abilities or physical functioning. It may also result in the disturbance of behavioral or emotional functioning.

Sponsorships

Sponsorships for the 4th Annual BJ Williams Road Race are available and include a table/space at the event, logo on the event t-shirt & more! Contact us for more information on these opportunities.

Questions?

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WAIVER (MUST BE READ AND SIGNED BY REGISTRANT)

I know that running or walking a road race is a potentially hazardous activity. I should not participate in the run/walk unless I am medically able, physically fit, and sufficiently trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running or walking in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and accepted by me. Having read this waiver and understanding these facts and in consideration of your accepting my entry, I, the undersigned, have read this waiver, understand these facts, and intend to be legally bound, for myself, executors, and administrators, and anyone entitled to act on my behalf.

Signature

Date

Parent's signature (Required for participants under 18.)

Date