

FINALLY SPRING 5K!

March 20, 2010 • 10:00 a.m. • Porter Reservoir



Proceeds Benefit

**Free Running Socks!
Refreshments and
Prizes!**



**Runners and Walkers
Welcome!**

FINALLY SPRING 5K! RUN/WALK - MARCH 20th, 2010 - 10:00 A.M.

Who: You and all your friends!

What: 5k (mostly) trail race and walk;

Cost: Pre Register- \$15.00 for Runners, \$10.00 for Walkers, \$8.00 for Youth (Under 12); race day prices increase by \$5.00

Where: Howard/Porter Reservoir, Manchester, CT

Race will start and finish adjacent to Highland Park Elementary School with most of the event taking place in the trails around the reservoir. Parking and restrooms available at Highland Park School

When: March 20, 2010 - 10:00 A.M.

Awards: Gift Certificates to top Male and Female Finishers (Open and Youth); raffle prizes, 55+ division

Questions? Contact manchesterrunningcompany@gmail.com

www.manchesterrunningcompany.com

REGISTRATION: Make Checks Payable and Mail to:

Manchester Running Company
513 Lydall St.
Manchester, CT 06042

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____

STATE ____ ZIP _____ PHONE _____ EMAIL _____

GENDER: M ____ F ____ AGE ON RACE DAY _____ WALKER ____

WAIVER:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including cold, snow and/or ice, high heat and/or humidity, traffic and the conditions of the road or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Manchester Running Company, its directors, officers, and staff, the city of Manchester and its employees, 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.

I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

I understand that dogs on leashes, in-line skates, bicycles and vehicles to transport children are prohibited and that violation of this prohibition will result in disqualification.

Signature (Signature of Parent or Guardian if participant is under 18)