



**10th ANNUAL
WARREN
5k CIDER RUN/WALK**

**Warren Woods
251 Brick School Road,
Warren, CT**

SAT, September 29 10 AM

- REGISTER:** Online at www.fasttracktiming.com
- ENTRY FEES:** In advance: \$20 received through 9/27
On race day: \$25
- RACE DAY:** Check-in and/or registration 9:00 to 9:40
- FREE:** Performance Tees male and female to the first 75 registrants
- COURSE:** USA Track & Field Certified out-and-back
(CT10035JHP)
- AWARDS:** First, Second, and Third to overall male
and overall female finishers
- AGE GROUPS:** 12–15, 16–19, 20–29, 30–39, 40–49,
50–59, 60-75 and 75+ (Prizes to each First male and First female in Each Age Group!)

Apple cider, cider donuts, apples, other fruits, and water FREE to participants!

- Kids' Fun Run** (ages 12 and under): \$5.00 Starts at 9:45
- Kids' Pumpkin Painting:** FREE! Following Kids' Race

Entry Fees and Checks Payable to Warren Parks & Recreation, 50 Cemetery Road, Warren, CT 06754

_____ **REGISTRATION FORM** _____

FIRST NAME _____ LAST NAME _____

ADDRESS _____ CITY _____ STATE _____

MALE AGE _____ FEMALE AGE _____ T-SHIRT SIZE **S M L XL** (CIRCLE ONE)

EMAIL _____ BEST PHONE: _____

APPLICATIONS FOR MINORS (INDIVIDUALS UNDER AGE 18) ACCEPTED ONLY IF SIGNED BY A PARENT OR LEGAL GUARDIAN

WAIVER AND RELEASE FORM BELOW MUST BE SIGNED

WAIVER AND RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that, although there will be traffic control, there will be traffic on the course route, I accept the *risk* of running on roads with traffic. I also accept any and all other risks associated with running this event including, but *not limited to*: falling, contact with other participants, the effects of weather, and the condition of the roads. All such risks are known and accepted by me. Knowing these facts, and in consideration of accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Town of Warren, Town of Cornwall, USATF, race officials, Fast Track Timing LLC, volunteers, and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event. This WAIVER AND RELEASE extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned **further grants** full permission to the Race Director and/or agents authorized by them to use any photographs, videotapes, motion pictures, recording, or any other record of the event for any purpose.

SIGNATURE OF PARTICIPANT _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN _____ DATE _____

(If participant is under the age of 18)