



9th ANNUAL WARREN 5k CIDER RUN/WALK

Warren Woods
251 Brick School Road, Warren, CT

SAT, September 30th 10 AM

REGISTER: Online at www.fasttracktiming.com
ENTRY FEES: In advance: \$20 received through 9/28
 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 50 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, and 60+ (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 _____
 (If participant is under the age of 18)

DATE _____

Saturday September 30th

**Warren Parks and Rec
& Land Trust**



Warren Parks and Recreation and the Warren Land Trust will hold its 9th annual Cider 5K Run/Walk on September 30th at 10:00am, with a Kids Fun Run at 9:45am, to benefit their Scholarship Fund Endowment with Connecticut Community Foundation.

This event is truly a unique experience for the whole family. The race features a fast out and back USATF certified course through the autumn foliage of Warren, CT starting and ending at Warren Woods Park on Brick School Road. The race offers delicious treats such as apple cider donuts, apple cider, an assortment of fruit and more. After the KIDS FUN RUN for kids 12 and under, participants can enjoy free pumpkin painting. The race features chip timing for fast efficient results as well as music for your entertainment. Prizes are given to the first three overall male and female finishers, and first finishers in each age group.

For more information and online registration please visit:

www.fasttracktiming.com or download the application form (above) from the town website