



**3rd Annual
 RUN for CHRIS 5K Challenge
 5K is NOW USATF #CT 13030JHP
 NEW - 1 MILE RUN FOR AGES 7-14
 NEW- 2 Mile Walk**

Scan to Register!



SATURDAY JUNE 21, 2014 - ESSEX, CT
Registration Begins at 7AM at TOWN HALL, GROVE ST
Kids FUN RUN : 8:15 AM
CB4 MILE RUN (age 7-14): 8:30 AM 5K & 2 Mile Walk : 8:45 AM
 (Record Times for 5K: Male: Chris Zablocki 16:55 Female: Meghan Ryczek 21:47)

BENEFITS THE CHRIS BELFOURE MEMORIAL FUND at Community Foundation of Middlesex County (CFMC), To integrate multicultural and foreign language programs to the Lower Valley Of Middlesex County

ENTRY FEE (Mail In and Online): 5K, 2Mile Walk, \$20 UNTIL JUNE 7; \$22 JUNE 8 to JUNE 19; \$25 Race Day; MILE only- \$15; MILE and 5K combined \$30-(1 T-Shirt Only); KIDS FUN RUN \$5 (NO SHIRT)

*AWARDS GIVEN TO (NO DUPLICATES): TOP 1ST, 2ND, AND 3RD MALE AND FEMALE OVERALL;
 1ST, 2ND, AND 3RD MALE AND FEMALE IN 10 YEAR AGE GROUPS;
 1st and 2nd Male & Female Walkers; 1st place- ages 7-14 Male & Female Milers
 There Will Be A Raffle After the Run - Great Prizes!!!*

SIGN UP ONLINE AT: ARATRACE.COM

Mail In and Online REGISTRATION CLOSE 6/19/14 at 8 PM

Any Questions or to Volunteer, contact Cathy Bishop, 860-767-0354 or cbishop56@sbcglobal.net

Please sign and detach application with cash or a check payable to: CFMC (COMMUNITY FOUNDATION OF MIDDLESEX COUNTY), NO CREDIT CARDS

MAIL TO: CATHY BISHOP C/O RUN FOR CHRIS 18 BOOK HILL WOODS RD., ESSEX, CT. 06426

Must be received by June 19,2014.

LAST NAME: _____ FIRST NAME: _____ USATF# _____

PHONE: _____ EMAIL: _____ DOB: _____

ADDRESS: _____ AGE ON RACE DAY: _____

CITY: _____ STATE: _____ ZIP: _____

PLEASE CIRCLE: CB4 MILE (7-14yrs. ONLY) 5K 2Mile Walk Kids Fun Run

If your child 7-14yrs. and running the Mile and 5K-Circle both.

PLEASE CIRCLE: MALE or FEMALE

PLEASE CIRCLE: SHIRT SIZE S M L XL

In consideration of the acceptance of this entry, I know that running and walking is a potentially hazardous activity. I will not enter unless I am medically able and properly trained. I agree to abide by any Race Official as to my, or my child's ability to participate in this event. I assume all risks with participating in this event, including, but not limited to: falls, contact with other participants or objects, effects of the weather, traffic and the conditions of the road and/or trails. Such risks being known and appreciated by me. I hereby waive and release any and all rights and claims for injury, damage, or death I may have against The Chris Belfoure Memorial Fund, Community Foundation of Middlesex County, the Town of Essex, Essex Parks and Recreation, Essex Police and CT. State Troopers, Essex Town Hall and departments therein. Essex Volunteer Fire Department, Rat Race Timing LLC, all volunteers, race officials, or their representatives, successors, or assignees for any injuries or death that may be suffered by me or my child in this event. I certify that I and/or my child, is physically capable of successfully completing this event. Furthermore, I allow The Chris Belfoure Memorial Fund, Community Foundation of Middlesex County, the Town of Essex, and Race Officials to use any photographs taken at this event to be used by them for the purposes of, but not limited to, publicity as they see fit.

Signature: _____
 Applicant, or parent or guardian of participants under the age of 18