



# 5<sup>th</sup> Annual RUN for CHRIS 5K

(USATF #CT 13030JHP)

**SATURDAY JUNE 25, 2016**

**ESSEX TOWN HALL, 29 WEST AVE., ESSEX, CT**

*(Registration opens at 7:00am)*

### **RACE START TIMES:**

Kids' Fun Run (ages 6 and under): 8:15am

CB4 Mile Run (ages 7-14): 8:15am

5K (ages 7 and over) & 2 Mile Walk: 8:45 am

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

**ENTRY FEES:** •5K Run or 2 Mile Walk - \$20 before June 5; \$25 thereafter and on race day

•CB4 Mile Run only - \$15; •combined CB4 Mile + 5K - \$30 (1 T-shirt only)

•Kids Fun Run - \$5 (no T-shirt)

**\*Register online @ ARATRACE.COM until 6/23/16 @ 6PM**

*(Free Tech T-Shirts to the first 300 entrants)*

Note: Early Packet Pick Up Fri., June 24<sup>th</sup> (4-6pm) at soundRUNNER, Old Saybrook, CT

**AWARDS** (no duplicates): 5K - top three Male & Female overall and by 10 year age groups

CB4 Mile - 1st Place Male & Female finishers

**\* There will be FOOD (Fabulous) and a RAFFLE (Great Prizes) after the race \***

(Contact George Chapin - 860-575-3408 / [george\\_c@snet.net](mailto:george_c@snet.net) - with any questions)

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Please complete, sign and detach application with cash or a check payable to: **CFMC** (Community Foundation of Middlesex County) **Must be received by June 20,2016.**

**Mail To:** George Chapin, c/o Run For Chris, 29 Summit Street, Ivoryton, CT 06442

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Please Check:** M F **DOB:** \_\_\_\_\_ **Age On Race Day:** \_\_\_\_\_ **USATF#** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Please Check:** 5K Run 2Mile Walk Kids Fun Run CB4 MILE (7-14yrs.) CB4 MILE & 5K Run

**Tech T-Shirt Size (Please Check):** Youth: M L / Adult: XS S M L XL

**(Please Note: Adult Shirts are MENS' sizes – choose size accordingly)**

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