

Registration Form

(PLEASE PRINT)

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Gender (Circle One) M | F Age On Race Day _____

FREE T-SHIRTS FOR 5K PARTICIPANTS ONLY

Entry must be received by September 10, 2024

T-SHIRT SIZE (Circle One) S | M | L | XL

EVENT CATEGORY

5K Race | 5K Fitness Walk \$25

1 Mile Fun Run "FREE"



FAMILY RATE (*See Details below)

5K Race | 5K Fitness Walk \$22.50 (\$2.50 Discount)

**Special Family Rate for (4) or more entries*

To qualify, all family members must register together

Donation to Scholarship Fund (\$_____)

Make checks payable to:

Waterford Sports & Recreation Department

Mail to: George Ames

620 Norway Road

Waterford, ME 04088

Race Agreement and Release

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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 this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road course, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release, The Town of Waterford, The Waterford Fall Foliage Road Race Committee, 5K Sports Race Management, and all sponsors and volunteers, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participating in this event. I grant permission to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including that of Social Media.

Signature _____ Date _____

Guardian Signature (Under 18) _____

Bib # _____ (Registration Use Only)

25th Anniversary Edition Waterford Fall Foliage 5K Road Race 5K Fitness Walk &



1 Mile Fun Run Sunday October 13, 2024

- Challenging out & back course
- Parking within walking distance of the start
- All roads leading to the event will close @ 11:20 AM
- Please no pets on the course
- Family Rate for (4) or more 5K entries
- Absolutely no bib swapping permitted

Event Details

"FREE"

1 Mile Fun Run

(Ages 12 & Under)

11:30am Start Time

5K Road Race & Fitness Walk

\$25.00 Pre-Registered

\$30.00 On Race Day

12pm Start Time

Fun Run Awards

Top 3 Boys & Girls Overall

Top 3 Boys & Girls In The Following Categories:

6 & Under, 7-9 & 10-12

1st Waterford Resident

5K Awards

Top 3 Males & Females Overall

Top 3 Males & Females In the Following Categories:

1-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79

80⁺ Top Male & Female Finisher Overall

1st Waterford Resident



Race Director
Paula Easton (207) 595.6763

Sponsor Coordinator
Erin Girzone 860.235.3650

Race Registration & Website Mgmt
Geo & Roxanne Ames (207) 583.2603

Visit Our Website
www.waterfordfall5k.com

Email Us
waterfordfall5k@gmail.com

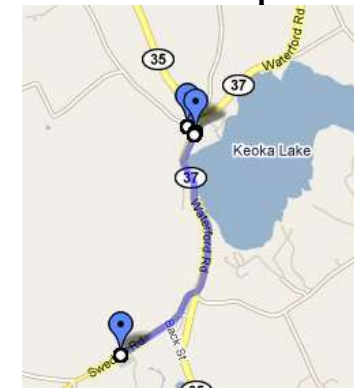
Check Us Out On Facebook
www.facebook.com/Fall5K

On-Line Registration
www.running4free.com
www.active.com



Race Management
5K Sports Race Management / Jim McCorkle
www.fiveksport.com

Course Map



Chili Cook-off

Presented By The Waterford/Harrison PTO
Free Samples For All 5K Participants