

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 on or before September 10, 2025

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 # _____ (Website Registration Use Only)

In Honor of Martha Eaton

We Present

The 26th Annual Waterford Fall Foliage 5K Road Race 5K Fitness Walk



**&
1 Mile Fun Run**

**Sunday
October 12, 2025**

- 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
- No bib swapping permitted

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

Scan QR Code

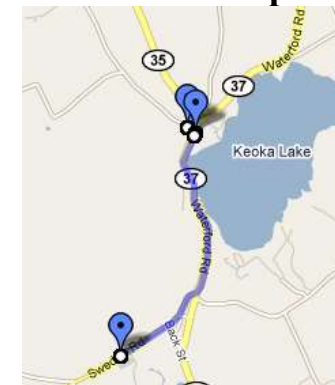


Race Management

5K Sports Race Management / Jim McCorkle

www.fiveksport.com

Course Map



Chili Cook-Off

Presented By The Waterford/Harrison PTO

Free Samples For 5K Participants

Race Bibs Required