

## Registration Form

(PLEASE PRINT)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Gender (Circle One) **M** or **F** Age On Race Day \_\_\_\_\_

**T-SHIRTS FOR 1<sup>ST</sup> (100) 5K PARTICIPANTS ONLY**  
(Entry must be received by Sept 15, 2019)

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

### EVENT CATEGORY

5K Race /  5K Fitness Walk \$20

1 Mile Fun Run "FREE"



**FAMILY RATE** (\*See Details below)

5K Race /  5K Fitness Walk \$17.50 (\$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)

# 20<sup>th</sup> Annual Waterford Fall Foliage 5K Road Race 5K Fitness Walk & 1 Mile Fun Run Sunday October 13, 2019



- 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
- "FREE" Fun Run

## Event Details

### **1 Mile Fun Run**

(Ages 12 & Under)

11:30 AM Start Time

"FREE FUN RUN"

### **5K Road Race & Fitness Walk**

12 Noon Start Time

\$20.00 Pre-Registered

\$25.00 Race Day

### **Fun Run Awards**

Top 3 Boys & Girls Overall

Top Boy & Top Girl In The Following Categories:

6 & Under, 7-9 & 10-12

1<sup>st</sup> Waterford Resident

(All Fun Run Participants Receive Ribbons)

### **5K Awards**

Top 3 Male & Female Overall

Top 3 Male & Female In the Following Categories:

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

80+ Top Finisher Overall (Regardless Of Gender)

1<sup>st</sup> Waterford Resident



## **Race Director**

Martha Eaton (207) 583.4611

## **Race Registration & Website Mgmt**

Geo & Roxanne Ames (207) 583.2603

## **Visit Our Website**

[www.waterfordfall5k.com](http://www.waterfordfall5k.com)

## **Email Us**

[geoames@gmail.com](mailto:geoames@gmail.com)

## **Check Us Out On Facebook**

[www.facebook.com/Fall5K](http://www.facebook.com/Fall5K)

## **On-Line Registration**

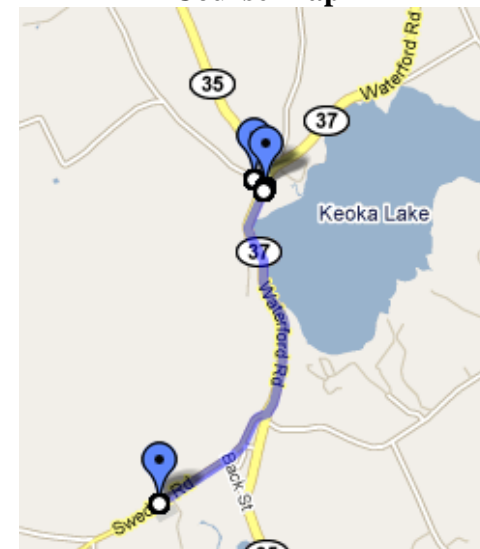
[www.running4free.com](http://www.running4free.com)

[www.active.com](http://www.active.com)

## **Race Management**

5K Sports Race Management / Jim McCorkle

## **Course Map**



## **Chili Cook-off**

Presented By The Waterford/Harrison PTO

- Free Samples For All 5K Participants
- Nominal Fee For Spectators
- Hot Dogs & Baked Goods On Sale