

Registration Form

(PLEASE PRINT)

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

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

T-SHIRTS FOR 1ST (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)

20th 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

1ST 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)

1ST 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

Email Us

geoames@gmail.com

Check Us Out On Facebook

www.facebook.com/Fall5K

On-Line Registration

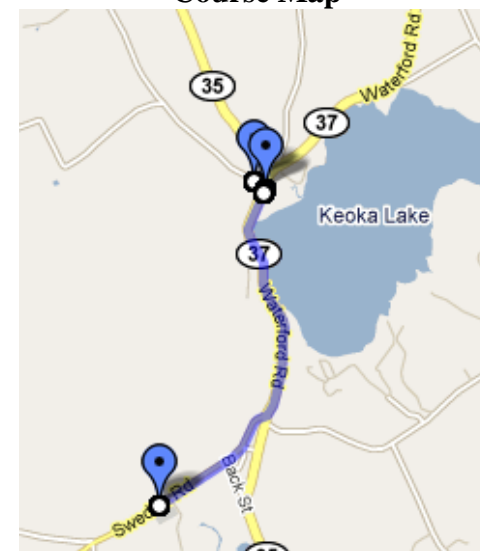
www.running4free.com

www.active.com

Race Management

5K Sports Race Management / Jim McCorkle

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