

## Registration Form

(PLEASE PRINT)

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

T-SHIRTS FOR 1<sup>ST</sup> (100) 5K PARTICIPANTS ONLY  
(Entry must be received by Sept 1, 2022)

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)

# 23<sup>rd</sup> Annual Waterford Fall Foliage 5K Road Race 5K Fitness Walk & 1 Mile Fun Run Sunday October 9, 2022



- 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 3 Boys & Girls In The Following Categories:

6 & Under, 7-9 & 10-12

1<sup>st</sup> 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<sup>+</sup> Top Male & Female Finisher Overall

1<sup>st</sup> Waterford Resident



**Race Director**  
Paula Easton (207) 595.6763

**Co-Race Director**  
Erin Girzone 860.235.3650

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

**Visit Our Website**  
[www.waterfordfall5k.com](http://www.waterfordfall5k.com)

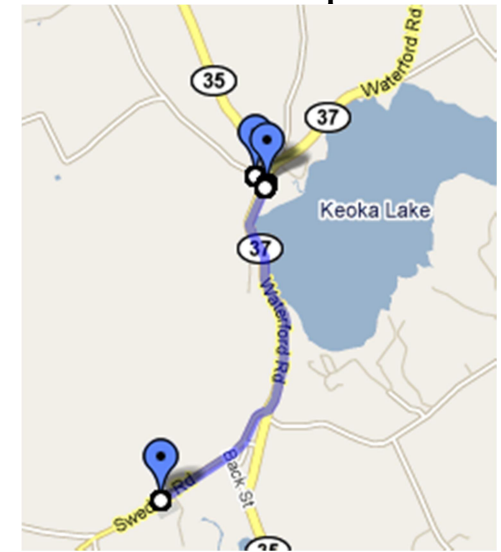
**Email Us**  
[waterfordfall5k@gmail.com](mailto:waterfordfall5k@gmail.com)

**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  
[www.fiveksport.com](http://www.fiveksport.com)

### **Course Map**



### **Chili Cook-off**

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

### Event Sponsors

Norway Savings Bank  
Premier Physical Therapy *Lakes Region*  
Rice Tree Service  
Wilson Excavating, Inc.  
Melby's Market & Eatery  
James M. Long & Sons  
TRS Timber Maintenance, Inc.  
Papoose Pond *Family Campground & Cabins*  
Camp Wigwam *A Summer Camp for Boys*  
Keoka Beach Campground  
Waterford Properties  
Chandler *Funeral Homes & Cremation Services*  
Maine Survey Consultants, Inc.  
Hayes True Value *Just Ask Rental*  
Neon Blane Signs  
Waterford Woodworking  
Thunder Hill Farm, LLC  
Macdonald Motors  
Crossway Family Dental  
The Ballroom *Something for everyone...*  
Dead River Company  
Toohey Painting & Restoration  
Jeff Ward Excavation, Inc.  
E.A. Smith Plumbing & Heating, LLC  
Knopp Chiropractic *Health Center*  
Modem Wavs, Inc. *Computer Sales & Service*  
Chalmers Ins & Real Estate Agency  
Bear Mountain Inn  
The Waterford Inne  
Pen-Y-Bryn *Lavender Farm*  
Good Health Is A Habit *Wellness Studio*  
Melissa Tarbell, LMT  
Resilience With Kelley  
Ten Lakes Chiropractic Clinic  
Beech Hill Farm & Bison Ranch  
Birch Bog Farm  
Apple Blossom Farm

### In-Kind Sponsors

Stitchn's *Custom Embroidery*



**23<sup>rd</sup> Annual**

**5K Road  
Race**

**Fitness Walk  
&**

**“FREE”**

**1 Mile Fun Run**

**Sunday, October 9, 2022**

**12:00 Noon**

**Waterford, Maine**

**Benefitting**

**The Tony Waldeier**

**Scholarship Fund**

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