

2nd Annual

Race to Fill the Pantry



5K Road Race / 2 Mile Fun Walk

&

¼ Mile Run Free For Kids

Sunday, November 15, 2009

Riverfront Park, Glastonbury, CT

Start Time: 9am

To Benefit The Local Food Pantry

Registration: 7:30 AM at Riverfront Park

Entry Fees: \$15 before Nov. 1st. \$20 after through race day

Plus a food donation. To meet their holiday demands,
the Food Pantry will be in need of the following items:

Boxed Stuffing, Canned Vegetables, Canned Gravy,

Instant Potato Mix, Muffin Mixes, Canned Cranberries and Rice

T-Shirts: For the First 150 Registered Runners

Awards: First Three Finishers U-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Run or walk to support a great cause during the holiday season

Fun for the
whole family!

Name: _____ Circle: Run Walk T-Shirt Size: S M L

Address: _____ Town: _____ Zip: _____

Phone: _____ Age on Race Day: _____ Sex: _____ E-Mail: _____

For more information please go to: www.glastonburyriverrunners.com Please remember to bring food donation

Mail form and check payable to: Glastonbury River Runners Amount Enclosed _____
P.O. Box 623
Glastonbury, CT 06033

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk 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/walk. I here by certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release the Glastonbury River Runners, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

(Parent or guardian if under 18)

RaceNumber