



2nd Annual

FIRECRACKER 5K Road Race

5K Road Race or (Walk)

&

1/4 Mile Run Free For Kid's

Date: Sunday - June 27, 2010

Start Time: 9am

Location: Rotary Field (Olde Stage Rd, Glastonbury CT)

Registration: There are three different ways to register:

1. Register online: register.thelastmileracing.com
2. Mail in **completed form and check** to:
Glastonbury River Runners - P.O. Box 623 - Glastonbury, CT 06033
3. Race Day Registration Time: 7:30 am @ Rotary Field

Entry Fee:

- \$15 BEFORE June 13, 2010 / \$20 AFTER through RACE DAY

T-Shirts:

- Will be awarded to the first 150 Registered Runners

Awards:

- Given to the first three finishers in the following groups: (U-12, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69 & 70+)

Name: _____ Male Female Race Day AGE:

Address: _____

Town: _____ State: _____ Zip: _____

Email: _____ Phone #: - -

Run Walk **T-Shirt Size:** S M L XL XXL **Amount Enclosed:** \$ _____

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 hereby 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: _____

RACE NUMBER