



4th Annual

# Race to Fill the Pantry

5K Certified Road Race / 2 Mile Fun Walk

&

¼ Mile Run Free For Kids

Sunday, November 13, 2011

Riverfront Park, Glastonbury, CT

Start Time: 9am

To Benefit The Local Food Pantry

Fun for the whole family!

Registration: 7:30 AM at Riverfront Park

Entry Fees: \$15 before Nov. 7th \$20 after through race day

Plus a food donation for the food pantry, such as:

Boxed Stuffing, Canned Vegetables, Canned Gravy,

REGISTER ONLINE AT:

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

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



Name: \_\_\_\_\_ Circle: Run Walk T-Shirt Size: S M L XL

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Sex: \_\_\_\_\_ E-Mail: \_\_\_\_\_

For more information please go to: [www.glastonburyriverrunners.com](http://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

Additional Donation to the Food Pantry \_\_\_\_\_

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: \_\_\_\_\_

(Parent or guardian if under 18)

RaceNumber