



5th Annual NRG Energy Race to Fill the Pantry



5K Run & 2 Mile Walk in Aid of Glastonbury Food Bank

Time & Place

Sunday November 11th, 2012 at 9 AM
Riverfront Park, Welles St, Glastonbury, CT 06033

Registration

Entry fee: \$20. First 150 registered participants get a free race T-shirt

- Mail in completed form & check for \$20 per participant to:
Glastonbury River Runners, PO Box 623, Glastonbury, CT 06033
- Register online at raceit.com
- Race day registration from 7:30 AM

Timing & Results

Chip timing by The Last Mile Timing
Awards presented to the top three male and female finishers in eight age groups

Name				Age on race day:	Male / Female
Address					
Phone			Run / Walk	Are you a veteran? Y / N	
Email				T-shirt size: S / M / L / XL	
<i>Additional entries from same family</i>					
Name (2)		Age:	M / F	Run / Walk	S / M / L / XL
Name (3)		Age:	M / F	Run / Walk	S / M / L / XL
Please enclose a check to "Glastonbury River Runners" for \$20 per participant					

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)