

3rd Annual Elm City Track Club & UCC Nursery School Family Race Day

The Elm City Track Club & UCC Nursery School will be hosting a **5k Race, 1 mile kid's race, and Lil' Tikes dash.**

*All proceeds from this event will benefit the UCC Nursery School in Keene, New Hampshire

Date: Sunday, June 5th, 2011

Location: Keene-High School (Scripture Field)

Time: Registration begins at 10:30 a.m. with races to begin at 11:45 a.m.

- 10:30-11:45 Registration & Course Preview
- 11:45-12:15 Pre-School Dash (1/4 mile) & 1 Mile Run
- 12:15-1:00 5k Race
- 1:00-1:30 Refreshments & Awards

Course: Flat & fast course on Keene High School fields and surrounding trails (start is on Scripture Field)

Cost: 5k Race.....\$12.00 until May 13th, \$15.00 on race day

1 Mile Kid's Run (ages 6-10).....\$ 8.00 until May 13th, \$ 10.00 on race day

Lil' Tikes Dash (ages 3-5).....FREE (please bring canned good for community kitchen)

Awards: (5k Race): Merchandise prizes are given for the top finishers in each division. Some great raffle prizes can be won by anyone that enters the race. Must be present to receive the prize.

Age Groups (5k Race): 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Registration: Send the bottom of this registration form along with applicable check to Liz Giza C/O UCC Nursery School to: **37 Old Rt. 12 North, Westmoreland, NH (checks payable to UCC Nursery School)**. If Mailing please send at least 1 week before Race. All who pre-register by May 13 will receive a race shirt (5k & 1 Mile only).

Place an "X" on the line of the race you wish to participate in:

____ 5K Race ____ 5k Walk ____ 1 Mile Kid's Race ____ Lil' Tikes Dash

Name: _____ (responsible adult) _____

Mailing Address: _____

City: _____ Zip _____ Phone Number: _____

Gender: _____ Age on Race Day: _____

T-shirt size (circle one): Adult [S, M, L, XL]

T-shirt size (circle one): Youth [S, M, L]

* T-Shirts are for registrants of 1 mile and 5k only

As a signing parent, legal guardian, or participant, I state that my child is, or I am in proper physical condition to participate in this event. I know that running or participation in a race is a potentially hazardous activity and should not be entered unless medically able. 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 participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including extreme temperatures and humidity, traffic, and the conditions of the terrain, 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, I, for myself and anyone entitled to race on my behalf, hereby waive and release **Elm City Track Club, USATF, UCC Nursery School, Keene High School**, the race coordinators, venue location(s), all sponsors, their representatives, and successors from all claims & liabilities arising from this event. I also grant permission to the coordinators for use of any photography of this event.

ADULT SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE FOR CHILD: _____

This event is sanctioned by USA Track & Field and is not a school sponsored event.