



**2<sup>nd</sup> Annual 5K Run & Walk-a-thon**  
**Saturday, September 26, 2009**

***Saint Elizabeth Seton Church***  
**280 Brook St., Rocky Hill, CT**

Start time: 9:30am (rain or shine) At the door registration, numbers & shirt pick up: 7:30am – 9:00am.

Free T-shirts for all pre-registrants. Awards for the top 3 runners of each 5K division.

Male and Female: \*10 & under \*11 – 15 \*16 – 19 \*20 – 29 \*30 – 39 \*40 – 49

\*50 – 59 \*60 & over \*Wheelchair

**Awards presentation with post race refreshments for all participants!**

**\*\*\*\*\*USATF Certified 5K Course\*\*\*\*\***

Pre-registration received on or before **9/19/09**: **\$10/pp** At the door registration: **\$15/pp**

Children 10 & under: **\$5/pp** Family of 3 or more: **\$25/family**

**\*Registration fee waived with a minimum of \$100 raised in pledges or sponsorship.**

(pledge sheet on reverse side)

Name: \_\_\_\_\_ M/F Age: \_\_\_\_\_ T-Shirt Size: S M L XL XXL  
(circle one) (circle one)

\*Signature: \_\_\_\_\_  
\*(required for individuals or family members 18yrs old or older)

Name: \_\_\_\_\_ M/F Age: \_\_\_\_\_ T-Shirt Size: S M L XL XXL  
(circle one) (circle one)

\*Signature: \_\_\_\_\_  
\*(required for individuals or family members 18yrs old or older)

Name: \_\_\_\_\_ M/F Age: \_\_\_\_\_ T-Shirt Size: S M L XL XXL  
(circle one) (circle one)

\*Signature: \_\_\_\_\_  
\*(required for individuals or family members 18yrs old or older)

Name: \_\_\_\_\_ M/F Age: \_\_\_\_\_ T-Shirt Size: S M L XL XXL  
(circle one) (circle one)

\*Signature: \_\_\_\_\_  
\*(required for individuals or family members 18yrs old or older)

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Signature: \_\_\_\_\_  
(parent or legal guardian signature if under 18 years of age.)

Please make check payable to: **Saint Elizabeth Seton Church**

Mail form & check to: **Saint Elizabeth Seton Church**, 280 Brook St Rocky Hill, CT 06067 Attn: HIFH

Registration application also on-line: [stesetonchurch.org](http://stesetonchurch.org) For more info: (860) 529-3222 or (860) 231-7093

I know that running in a race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running this event including, but not limited to: falls, contact with other runners, effects of weather, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive and release race organizers, the town of Rocky Hill, Saint Elizabeth Seton Church and 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 of the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose.

**Name**

**Address**

**Pledge \$**

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