

Rockin'Ham 5K Road Race/Walk

A family friendly event to raise money for Central Elementary School



When: Saturday, April 8th, 2017
REGISTRATION 9:00 AM
5K Start 10:30 AM

Where: Bellows Falls Central Elementary School
50 School St Ext., Bellows Falls, VT 05101

The Course: The 5K course will consist of a 5 kilometer loop beginning and ending at Central Elem. School

Entry Fee: \$20 if Pre-Registered by Wednesday, April 5th.
\$25 from April 6th through RACE DAY.

Bib Pickup: Friday, April 7th 3PM – 4:30PM at Central Elem. School
or 9AM-10:30AM at Central Elem. School on Race Day

PRIZE for top male and female finishers. **Entry must be received by Friday, March 17th in order to receive the race T-shirt. Long sleeve and "Tech" t-shirts are available for a \$25 pre-registration race fee.**

**Medals for all registered children 4th grade and under. **Free 100 yard kids run (walking age through age 5) before 5K start! **Hydration station on course. ** Restrooms available. **No runners with dogs on course

Playground on premises.Timing and Scoring by 3C Race Productions <http://www.3craceproductions.com/>.

** For more information contact Central Elementary School at (802) 463-4346 or email Peter Lawry at Peter.Lawry@wnesu.com

Complete the form below and mail payment to
Central Elementary School
50 School Street Ext.
Bellows Falls, VT 05101

or sign up online at: <https://g2racereg.webconnex.com/rockinham5k2017>

One Participant Per Form

First Name _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone _____ Age: _____ Gender F M Grade in School (if applicable) _____

Email: _____

If registering before March 17th Circle Shirt Size: (Youth S M L) (Adult XS S M L XL)

Circle Shirt Type: Short Sleeve Cotton "T" (\$20) Long Sleeve Cotton "T" (\$25) Short Sleeve "Tech T" (\$25)

I know that running is a potentially hazardous activity. I should not enter or run this event 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 in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC; G2 Race Reg; Town of Bellows Falls, VT; the Central Parent Teacher Organization; Central Elementary School, 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. All fees are nonrefundable.

Signature _____ Date _____

\$ _____ Enclosed