



“2009 “Race to Rescue”



Sunday, May 31, 2009
Northwest Park, 145 Lang Road, Windsor, CT

Come join us *rain or shine* for our 1st Annual 5K Cross Country Race through the scenic trails of Northwest Park. Proceeds to benefit several animal causes including Sunshine Golden Retriever Rescue Corp., the First Town Veterinary Science 4-H service dog project and the construction of a Windsor Dog Park.

Name: _____ Age on Race Day: _____ Sex: _____

Address: _____
Street Town State ZIP

Phone: _____ eMail: _____

Emergency Contact & Phone: _____

Age Group: ≤ 13 14-19 20-29 30-39 40-49 50-59 60-69 ≥70

Adult Early Entry Fee: \$20 Adult Race Day Fee: \$25 College Students 18 – 22 Fee: \$10
Children 12-18 Fee: \$10 Children under 12 years of age fee: Free

Please make checks payable to: The First Town 4-H Dog Walk
Please mail your check and application to:
Windsor Animal Clinic, 46 Poquonock Avenue, Windsor, CT 06095. (Fees are non-refundable.)

*****Please provide support to the three causes and collect pledges from friends and local businesses.*****

T-Shirts will be awarded to those that collect pledges of \$50 or more! Please indicate size below and submit this form by May 25th to reserve t-shirt size.

Please bring all additional sponsorships to the registration table the day of the race. Sponsorship forms are available under the Walk for Chance section of our website: www.DogWalk.org

T-shirts will be on sale for \$10 each. If you would like order a t-shirt, please indicate size.

Adult Size: Small Medium Large X-Large XX-Large _____

Youth Size: Small Medium Large X-Large

Registration: 8:00 AM – 8:45 AM, Northwest Park, Windsor, CT

Race Start Time: 9:00 AM

Awards Presentation: Following the end of the Dog Walk

~Free Water and Fruit ~
Water and Rest Stop Available along Race Route

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 have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road/trail, 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 First Town 4-H Clubs, Sunshine Golden Retriever Rescue, Northwest Park each organizations 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 the 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, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates and radio headsets are not allowed in the event and I will abide by this guideline

Signature: _____ Date: _____ Signature: _____ Date: _____

(All runners or walkers over 18 years of age must sign. If under 18, a parent or legal guardian must also sign)

Questions? Contact Suzanne LeMoine by email at suzlemoine@sbcglobal.net