



3.6 mile Trail Race ---Two-Mile Fitness Walk --- Youth Fun Runs

**** OFFICIALLY CHIP-TIMED RACE BY EMPIRE TIMING ****

Hosted by the Falcon Music Boosters, a non-profit organization supporting the Fitch Music Department. All proceeds will reduce the costs for students to travel and perform in the 2019 London New Year's Day Parade and Music Festival.

- WHEN:** Saturday, September 8, 2018 Rain or Shine!
- WHERE:** Bluff Point State Park, Groton, CT
- SCHEDULE:** 8:30-9:30 AM Registration and Race Packet Pick-up
9:30 AM Youth Fun Runs (1/2 mile, 100-yd dash)
10:00 AM Trail Race Start Time ---Fitness Walk to immediately follow--
11:15 AM Awards
- ENTRY FEE:** Trail Run/Fitness Walk \$25 Youth Fun Runs \$5

- **Pre-register** online at www.theempiretc.com by 9/7/18, or via mail by 8/20/18 using mail-in registration form.
- **Same Day registration** at race site with additional \$5 fee.
- T-shirts for the first 100 registrants for the Trail Race or Fitness Walk.
- After race snacks provided: home baked goodies, bagels, fruit, & bottled water.
- Divisions by age: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79
- Awards to overall top three finishers in each category as well as a **Spirit Award for Best Dressed!**
- For more information, please email Jane Servidio, Race Director at: fitchfmb@gmail.com

Mail in Registration - One copy per registrant

- Must be postmarked no later than 8/20/18.
- CHECKS ONLY - Made out to: Falcon Music Boosters; Memo line: Royal Run
- MAIL TO: Luanne Deer - Treasurer
1237 Flanders Road
Mystic, CT 06355

Walker/Runner's Name: _____

Address: _____

City _____ State _____ Zip _____

Email _____ Gender: M F Age (on race day): _____

I am participating in the: _____ Trail Race _____ Fitness Walk _____ Youth Fun Run (ages 4-11)

T-shirt Size: Adult range S M L XL XXL

I agree to assume all responsibility for all risk of damage or injury that may occur to me as a participant in this event. As a condition of the acceptance of my entry, I hereby for myself, my heirs, executors and administrators, waive and release Falcon Music Boosters, the organizing committee, Fitch High School, the town of Groton, the sponsors and their representatives and employees for any injuries suffered by me while competing or traveling to or from the event described in this entry application. I certify that I have properly trained for and, to the best of my knowledge, am physically fit for this run/walk.

Signature of participant required (Parent/guardian if under 18)

Date