



# 4<sup>th</sup> Annual Rocky Hill Run for Education 5K Run/Walk & Kids Run



Saturday, May 11, 2019 at Griswold Middle School, Rocky Hill, CT

### Registration:

Advanced registration: Register online by 5/10/18 @ 9pm or send complete form with payment by 5/1/19.

**\$25 per person (5K Run/Walk)**

**\$10 Kids Run (200M)**

Race day registration: 7:30AM to 8:45AM

**\$30 per person (5K Run/Walk)**

**\$10 Kids Run (200M)**

Register by 4/30/19 to receive a FREE T-shirt.

Online registration: [www.theempiretc.com](http://www.theempiretc.com)

### Race Day:

GPS address: 144 Bailey Rd, Rocky Hill, CT 06067

Time: Kids Run: 8:30AM

5K Run & Walk: 9:00AM

Refreshments will be served after the race.

**Certified 5K Course  
Chip Timed 5K Event  
Free T-Shirt  
Music @ Start/Finish  
Medals for ALL Kids  
30 Minutes 5K Pacer  
5K Age Group  
Awards &  
Team Award  
Free Raffle  
& More**

### Awards:

- First, second and third male and female age division winners will receive a medal & fastest team award.
- All kids will receive a medal for kids run.

### Raffle prize drawings:

Will be held after the race. All who run/walk are eligible. **Must be present to win.**



Please follow us on facebook page "Rocky Hill 5K Run/Walk & Kids Fun Run"

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### 4th Annual Rocky Hill Run for Education Registration form

First Name: ..... Last Name: .....  
 Age on race day: ..... Gender: Male Female (Please choose)  
 City/State: ..... Team/Club Name: ..... (Optional)  
 Telephone: (Home/Cell) ..... Email Address: .....  
 Are you? Runner / Walker / Kids Run (Please choose **one**) T-Shirt **Youth S M L XL** (Please choose **one**) Cut-off date 4/30/19  
**Adult S M L XL**

### Waiver, Release, Indemnification and Hold Harmless Agreement Must Be Read And Signed By Registrant.

I know that running and walking in a road 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 in this event, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in considerations of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive, release, indemnity and hold harmless the Town of Rocky Hill, Griswold Middle School, The Rocky Hill Education Foundation, race director, volunteers, all sponsors, their representatives, successors and The EMPIRE Timing Co. LLC 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 persons named in this waiver.

.....  
 Signature Date  
 .....  
 Parents' signature if under18 years old Date

Make check payable to: The Rocky Hill Education Foundation  
 Mail form and payment to: Rocky Hill 5K Road Race Registration, 45 Joiners Rd, Rocky Hill, CT 06067.  
 The cut-off date for mail-in form is May 1, 2019. Forms without signed waiver will not be accepted. Fee is non-refundable.  
 Any questions please contact us at RockyHill5K@gmail.com