



**8th Annual
 RUN for CHRIS 5K with the Y
 SATURDAY JUNE 22, 2019
 (USATF #CT 13030JHP)
 ESSEX TOWN HALL, 29 WEST AVE., ESSEX, CT
 (Registration opens at 7:00am)
 Fitness-Family-Fun**

RACE START TIMES: • Kids' Fun Run (ages 6 and under) - 8:15 am
 • 5K & 2 Mile Walk - 8:45 am

RECORD TIMES: Male-2014 Chris Rosenberg 16:29, Female-2016 Carolyn Nye 19:03

ENTRY FEES : *Register online @ ARATRACE.COM until 6/20/19 @ 5PM
 • 5K Run or 2 Mile Walk: \$20 before June 8; \$25 thereafter and on race day
 • 5K Run or 2 Mile Walk -14 and under: **FREE** before June 8; \$25 thereafter and on race day
 • Kids' Fun Run: **FREE** before June 8; \$5 thereafter and on race day
 • 5K Group Registration: online only
 (Early packet pick up Fri, June 21 from 3-6pm at soundRUNNER, Old Saybrook, CT)

AWARDS (no duplicates): 5K - top three Male & Female overall and by 10 year age groups
 Under 20 age groups: Male & Female finishers by age: under10, 10-14, 15-19

There will be FOOD (Fabulous) and a RAFFLE (Great Prizes) after the race
 (Contact George Chapin- george.c@snet.net with any questions)

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 Complete, sign and detach application with cash or a check payable to: **CFMC** (Community Foundation of Middlesex County)
Mail To: George Chapin, c/o Run For Chris, 29 Summit Street, Ivoryton, CT 06442 , **Must be received by June 13, 2019.**

Last Name: _____ **First Name:** _____

Please Check: M F **DOB:** _____ **Age On Race Day:** _____ **USATF#** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Phone: _____ **Email:** _____

Please Check: 5K Run 2Mile Walk Kids Fun Run (no t-shirt)

Tech T-Shirt Size (Please Check): Youth: M L / Adult: S M L XL

(Please Note: Adult Shirts are MENS' sizes – choose size accordingly) Free Tech T-Shirts to the first 250 entrants.

In consideration of the acceptance of this entry, I know that running and walking is a potentially hazardous activity. I will not enter unless I am medically able and properly trained. I agree to abide by any Race Official as to my, or my child's ability to participate in this event. I assume all risks with participating in this event, including, but not limited to: falls, contact with other participants or objects, effects of the weather, traffic and the conditions of the road and/or trails. Such risks being known and appreciated by me. I hereby waive and release any and all rights and claims for injury, damage, or death I may have against The Chris Belfoure Memorial Fund, Community Foundation of Middlesex County, the Town of Essex, Essex Parks and Recreation, Essex Police and CT. State Troopers, Essex Town Hall and departments therein. Essex Volunteer Fire Department, Rat Race Timing LLC, all volunteers, race officials, or their representatives, successors, or assignees for any injuries or death that may be suffered by me or my child in this event. I certify that I and/or my child, is physically capable of successfully completing this event. Furthermore, I allow The Chris Belfoure Memorial Fund, Community Foundation of Middlesex County, the Town of Essex, and Race Officials to use any photographs taken at this event to be used by them for the purposes of, but not limited to, publicity as they see fit.

Signature: _____
 Applicant, or parent or guardian of participants under the age of 18

Benefits The Chris Belfoure Memorial Fund at Community Foundation of Middlesex County (CFMC), to integrate multicultural and foreign language programs into the schools of the Lower Valley Of Middlesex County