

Rockin'Ham 5K Road Race/Walk

A family friendly event to raise money for Central Elementary School



When: Saturday, April 2nd, 2016
REGISTRATION 9:00 AM
5K Start 10:30 AM

Where: Bellows Falls Recreation Center
10 Playground Road, Bellows Falls, VT 05101

The Course: The 5K course will consist of two 2.5 Kilometer loops beginning and ending at the B.F. Recreation Center

Entry Fee: \$20 if Pre-Registered by Wednesday, March 30th.
\$25 from April 1st through RACE DAY.

Bib Pickup: Friday, April 1st 3 PM – 4:30PM at Central Elem. School
or 9-10:30 at the B.F. Rec Center on Race Day

****PRIZE** for top male and female finishers. ****Entry must be received by Monday March 14th 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. ****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/rockinham5k2016>

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 14th 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 _____

I would like to make an additional contribution to this cause. \$ _____ Enclosed