

**Registration Form**

(PLEASE PRINT)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Gender (Circle One) M or F Age On Race Day \_\_\_\_\_

T-Shirt Size 5K Only (Circle One) S M L XL

\_\_\_\_\_ 5K Road Race (\$15/\$18)

\_\_\_\_\_ 5K Fitness Walk (\$15/\$18)

\_\_\_\_\_ 1 Mile Fun Run (\$5)

\_\_\_\_\_ Donation to Scholarship Fund (\$ \_\_\_\_\_)

Make checks payable to:  
Waterford Sports & Recreation Department

Mail to: George Ames  
620 Norway Road  
Waterford, ME 04088

**Race Agreement and Release**

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race 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 this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or humidity, traffic and conditions of the road course, all such risks being understood and appreciated by me. Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release, The Town of Waterford, The Waterford Fall Foliage Road Race Committee, 5K Sports Race Management, and all sponsors and volunteers, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participating in this event. 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian Signature (Under 18) \_\_\_\_\_

Bib # \_\_\_\_\_  
(Registration Use Only)

**Waterford Fall Foliage 5K Road Race  
&  
1 Mile Fun Run**

*Sunday*  
9 October, 2011

- Scenic out & back course
- Designated parking within walking distance of the start
- Porta-Potties available near registration
- Roads leading to the event will close @ 11:20 AM
- Please no baby strollers or pets in the event

**Events**

**1 Mile Fun Run**

(Ages 12 & Under)

11:30 AM Start Time

\$5.00 Pre-Registered / \$5.00 Race Day

**5K Road Race**

(First 100 Pre-Registered Runners Are Eligible To Receive A Long Sleeve T-Shirt)

12 Noon Start

\$15.00 Pre-Registered / \$18.00 Race Day

**5K Fitness Walk**

12 Noon Start

\$15.00 Pre-Registered / \$18.00 Race Day

**Awards**

**1 Mile Fun Run**

Top 3 Boys & Top 3 Girls Overall

Top Boy & Top Girl In The Following Categories:

6 & Under, 7-9, 10-12

(All Fun Run Participants will receive ribbons)

**5K Road Race**

Top 3 Men and Top 3 Women Overall

Top 3 Men & Women In the Following Categories:

14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69

70+ Is Awarded For 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Overall

**Waterford Resident**

Special Recognition For 1<sup>st</sup> Waterford Resident

**Race Director**

Martha Eaton (207) 583.4611

**Race Registration**

Geo & Roxanne Ames (207) 583.2603

**Event Website**

[www.waterfordfall5k.com](http://www.waterfordfall5k.com)

**Event Email**

[fallrunner@waterfordfall5k.com](mailto:fallrunner@waterfordfall5k.com)

**On-Line Registration**

[www.active.com](http://www.active.com)

**Course Map**



**Event Timing**

Jim McKorkle

**5K Sports Race Management**

**Win A FREE Race Entry**

“Like” Premier Physical Therapy On Facebook  
Post “I Want To Win A Race Entry”  
Along With What You Like Best About  
The Waterford Fall Foliage Road Race