



Lace up your running shoes to support education and join us for the 5<sup>th</sup> Annual **East Farms Spring Ahead 5K Road Race and Fun Run**. Farmington's East Farms Elementary School PTO is proud to host this community wide event on **April 22, 2018**. Challenge your family, grab a friend, but most of all encourage our youth to get up and get moving by participating in either the 5K, Fun Run or Fitness Walk.

*People of all ages and abilities are welcome to attend!*

### NEW THIS YEAR...

We are expanding our reach into the local community...**25%** of net race proceeds will be provided to the **Farmington Community Chest**. Please visit <https://www.farmingtoncommunitychest.com> to learn more about this local nonprofit organization.

Additionally, a food collection will be held race day for the Farmington Food Pantry. Details to follow.

<b>Date:</b>	<b>April 22, 2018</b> (no rain date/no refunds)
<b>Times:</b>	<b>10:00am</b> Check-In & On Site Registration <b>12:15pm</b> ½ Mile, 1 Mile Fun Run & Fitness Walk <b>1:00pm</b> 5K Race
<b>Cost:</b>	<b>Before 4/6/2018:</b> 5K - \$20.00, Fun Run/Fitness Walk - \$15.00 <b>After 4/6/2018:</b> 5K - \$25.00, Fun Run/Fitness Walk - \$15.00
<b>Place:</b>	<b>Races start at East Farms School.</b> Parking is located at Irving A. Robbins Middle School (across the street)

### Two Ways to Register

*Online*

<http://eastfarmsspringahead5k.itsyourrace.com/event.aspx?id=395>

OR

*Mail*

East Farms Elementary School PTO  
P.O. Box 174 Farmington, CT 06034-0174  
(postmark by 4/5/2017)

### AWARDS

An award will be given to the Top Three Males & Females and the Top Three Males & Females in the following age groups: 10 & U, 11-12, 13-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

All participants will receive medals!

Check out our website for more info: <http://www.fpsct.org/schools/efs/pto/east-farms-5k>

### Sponsored by:



BEAUTIFUL SMILES  
WEST HARTFORD DENTISTRY



EXCL, Friends of Devonwood, Tink's Magical Vacations, Naples, The Kerin Agency, Farmington Family Dentistry, Advanced Physical Therapy, Middlewoods of Farmington, Hartford HealthCare, Farmington Police Benevolent Association, East Farmington Fire Department, B&M Tree Service, LLC, Fred Astaire Dance Studios



# 2018 Registration Form

Registration must be postmarked by April 5th. After this date, register online at <http://eastfarmsspringahead5k.itsyourrace.com/event.aspx?id=395> or in person race day.

Official Use Only	
Bib:	
Division:	
Date:	
Cash/ Check:	

	Full Name	Date of Birth	Gender	Race Category	T Shirt Size	Fee
Participant #1						\$
Participant #2						\$
Participant #3						\$
Participant #4						\$
Participant #5						\$
Participant #6						\$
Additional Donation						\$
Total Fees Due						\$
Address						
Email						
Emergency Contact Name and Phone						

### Race Category:

**No Rain Date/Refunds**

- 5K (\$20, \$25 after 4/6/18)
- 1/2 Mile OR 1 Mile Fun Run (\$15)
- 1 Mile Fitness Walk (\$15)

### T-Shirt Sizes:

**T-Shirts only provided to those registered by April 5th**

- Men's: S, M, L, XL, XXL, XXXL
- Women's (run small, size up): S, M, L, XL
- Youth: S, M, L, XL

### WAIVER AND RELEASE (Must be Signed):

"I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: Timing Plus New England, OneStopRace.com, the Town of Farmington, East Farms PTO, East Farms Elementary School, Michele Beale, directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether cause by the negligence of releases or otherwise. I hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident, and/or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film, likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns. The Accident Waiver and Release of Liability shall be construed broadly to provide a release & waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document; &, I understand it's content."

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

(If participant is under 18 years of age, then parent/legal guardian must sign waiver.)

**Send completed registration form with check for entry fee to:**

East Farms Elementary School PTO

P.O. Box 174

Farmington, CT 06034-0174

**Please make checks payable to "EF PTO"**

*Strollers are allowed on course-please line up at the rear of the starting area. NO animals, roller blades, bikes, etc. will be allowed.*