



MRC Snowshoe Race Series
Winter 2010 - Vernon Center Middle School
Vernon, Conn.

Join Manchester Running Company, Dion Snowshoes and the Vernon Parks & Recreation Department this winter at Vernon Center Middle School for a great opportunity to snowshoe race in Central Connecticut! Never snowshoed before? No Problem! Come on out and we'll teach you and let you try snowshoes at no additional charge in our Fun-Run!

Every Sunday January 3, 2010- February 14, 2010
Pick-Your-Distance Fun-Run and Snowshoe Lesson -1:00 p.m.
5k Race -1:30 p.m.

Vernon Center Middle School (Start located on West St., Vernon, CT 06066)

Any and all are welcome! No experience required!

It's fun, come out and give it a try! A great way to exercise in the cold harsh New England winter.

\$5.00 for the Fun-Run in which you get to try out snowshoes and learn great technique.
 \$10.00 for the race. You may also pre-register for the entire series at a discounted rate!

All the details at www.manchesterrunningcompany.com

REGISTRATION:

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ EMAIL _____

GENDER: M _____ F _____ AGE ON RACE DAY _____ FUN RUN _____ 5K _____

WAIVER:

I know that running 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 cold, snow and/or ice, high heat and/or humidity, conditions of the trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Manchester Running Company, its directors, officers, and staff, the Town of Vernon and its employees, 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.

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.

I understand that dogs on leashes or otherwise, in-line skates, bicycles and vehicles to transport children are prohibited and that violation of this prohibition will result in disqualification.

 Signature (Signature of Parent or Guardian if participant is under 18)