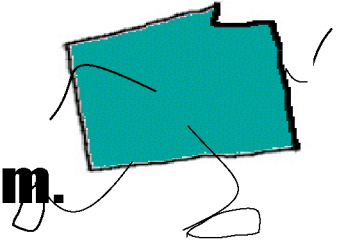


Pride In MANCHESTER 5k

June 11, 2010 • Globe Hollow • 6:30 p.m.



Free Post Race Ice Cream
for all participants!



Sponsored By



PRIDE IN MANCHESTER 5k
FRIDAY, JUNE 11, 2010 • 6:30 p.m. Open 5k

Who: You and all your friends!

What: Open 5k road race

Cost: Pre Register- \$18.00 until June 10th; \$20.00 on race day

Where: Globe Hollow Recreation Area, Spring St., Manchester, CT

Race will start and finish adjacent to Globe Hollow Park on Spring St. Parking and restrooms available at Globe Hollow and Mt. Nebo Park on Spring St.

Awards: Gift Certificates to top Male and Female Finishers; Age Group winners (M & F) under 13, 14-18, 19-39, 40-59, 60-79, 80+

Questions? Contact manchesterrunningcompany@gmail.com or Patrick at 860 729-9721

www.manchesterrunningcompany.com

REGISTRATION: Make Checks Payable and Mail to:

Manchester Running Company
513 Lydall St.
Manchester, CT 06042

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ EMAIL _____

GENDER: M _____ F _____ AGE _____

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, traffic and the conditions of the road or 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 city of Manchester 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, 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)