

Sunday, September 15, 2019

My Sisters' Place 5K

5K Run, 2 Mile Walk

Free Kids Fun Run

Sunday, September 15th, 2019

University of Hartford Athletic Center, 200
Bloomfield Ave, West Hartford, CT 06117.

Time: 5K run and 2 mile walk 9 AM. Kids fun
run 8:30 AM. Registration from 7:30 AM.

Entry: \$30 before September 14th; \$35 on race
day.

T-shirts: All runners and walkers registered
before September 6th, 2019.

Awards: Male and female winners; U-12; 13-
19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79,
Team awards: biggest, fastest, most
generous, most playful!

www.mysistersplace5K.com

Make Check to: My Sister's Place,
and mail to First Mile LLC, PO Box 1303, Glastonbury, CT 06033.



Providing
safe places to
play at
My Sisters'
Place

Name:

Age:

Address:

Phone:

Email:

Run, walk or free kids fun run? (R / W / K) :

Part of a team? Team name:

Sex (M/F):

T-shirt size (S / M / L / XL):

(T-shirts available before September 7th, 2018)

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk 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/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, 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 into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release First Mile, LLC, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, and the City of Hartford, 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 the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____
(Parent or guardian if under 18)

RACE BIB NUMBER: