



Saturday, July 12th, 2014

**Where:** Registration and start on Village Green on Pine Street, Cornwall, Connecticut. Directly across from the Cornwall Town Hall.

**When:** Saturday, July 12, 2014 at 9:30 a.m. for the Kid's "Fun Run" and the 5k Run/Walk at 10:00 a.m.

**Entry Fee (non-refundable):** \$20 pre-registration, \$25 on race day, \$5 for the "Fun Run". First 75 registrants will receive a commemorative T-shirt.

**Registration:** Online pre-registration via Active.com until Wednesday, July 9th. Race day registration and packet pickup from 8:30 am until 9:45 am on the Cornwall green for the 5k, and until 9:25 for the Kids 1 mile "Fun Run".

**Parking:** Parking is limited in the village. Additional parking at Foote fields and the UCC church. Please respect private and community property.

**Benefit:** All proceeds after expenses to PharmaCares, a nonprofit that helps US veterans and Americans in need gain access to affordable healthcare, health insurance, medicines, and medical care.

**Course:** Wheel-measured 5K, out-and-back, starting on Pine Street, down Valley Road to Everest Hill Road, and return.

**Awards:** Medals to top three male and female. Top three in age groups: 19 and under, 20-39, 40-49, 50-59, 60 and older. Award ceremony at approximately 11:00 a.m. *You must be present to win.*

Timing and results by Greystone Electronics (greystoneracing.net).

---

***First Annual PharmaCares "Run the Valley" 5k Run/Walk Cornwall Road Race***

Name: \_\_\_\_\_ Age on race day: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ Town/City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

I acknowledge that this is a test of a person's physical limits and carries with it the potential for personal injury. I hereby assume the risk for participating in this event. I certify that I am physically fit and sufficiently trained to compete in this event. I agree not to hold responsible any person(s) involved in the organization of this event, as well as PharmaCares, the Town of Cornwall, and Greystone Electronics LLC. I hereby affirm that I am 18 years or older or I have had a legal guardian sign for my participation in this event .

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

Parent or guardian required if participant is under 18.

**Make your non-refundable entry fee payable to: PharmaCares, PO Box 218, West Cornwall, CT 06796.**

T-Shirt Size: Small Medium Large X-Large (T-shirts to the first 75 registrants)