



**Wepawaug-Flagg Federal Credit Union &
 North Branford Parks & Recreation Department**
 8th Annual PoCo Fest 5k X-Country Race
 Augur Farm ~ 298 Forest Road ~ North Branford
Sunday, August 7, 2016
Rain or Shine



Check Your Event:

- 5k X-Country Run 9:30 am
- 1 mile Fun Run (12 & under) 9:00 am
- 5k Fitness Walk 9:30 am

	5k Run	Fun Run	5k Walk
Before July 30	\$18	\$10	\$10
After July 30	\$20	\$10	\$10
Race Day	\$22	\$12	\$12

**Course: Rolling terrain through fields, woods & over streams*

First 150 people get T-shirts:

YM __ YL __ AS __ AM __ AL __ AXL __

Cash _____ Check # _____

Credit Card _____

Please Print Clearly!

Last Name

First Name

Address

City State Zip

Day Phone Cell Phone

Email

Sex (M or F) Age Date of Birth

**Register online at
nbpotatofest.com**

OR

**Make checks payable to:
 Town of North Branford &**

Mail to:

**North Branford Parks and Rec.
 1332 Middletown Avenue
 Northford, CT 06472**

OR

**By Phone w/Visa/Mastercard
 203-484-6017**

Following the race

- Awards will be presented
- **Snacks are included with race fee**
- Festival opens at 10 a.m.

Release: I know that participating in this fitness event is a potentially hazardous activity. I will not enter and compete unless I am medically able and properly trained. I assume all risks with participating in this event, including but not limited to falls, contact with other participants, effects of the weather including high heat & humidity and the conditions of the course, all risks being known and accepted by me. In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the North Branford 5K Cross Country Race and Festival and their representatives, successors and assigns The Town of North Branford for any and all injuries suffered by me in said event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I know that dogs, bicycles, in-line skates and baby joggers & stroller are not allowed on the course.

Date

Signature of Athlete

Parent's signature if under 18