

Northwestern Regional High School

“RUN LIKE A DEER”

5K Run & Non-Competitive Walk

Saturday, November 5, 2016 (no rain date)

Location:

Barkhamsted Elementary School

65 Ripley Hill Rd

Barkhamsted, CT 06063



REGISTRATION INFORMATION

- Non-Refundable \$20 Entry Fee - \$22 Race Day
- Make checks payable to **RSD7** - Please do not send cash
- Mail to Run Like a Deer c/o Molly Sexton Read , 48 Taylor Rd. Barkhamsted, CT 06063
- For more information email msexton-read@charter.net
- Registration Opens -- 8:00 am
- Race Time – 9:30 am
- No Animals, Roller Blades, Bikes
- Free T-shirts to all entries received by **10/20/16 ****

TROPHIES

1st Place Overall Male and Female

1st Place Overall Male and Female NWR7 Staff/Student

MEDALS

1st, 2nd, and 3rd place finishers in each category (excluding walkers)

RUN LIKE A DEER REGISTRATION FORM

Male (check one box)

- 11 & Under
- (12-14)
- (15-18)
- (19-29)
- (30-39)
- (40-49)
- (50-59)
- (60-69)
- (70+)
- Walker

Female (check one box)

- 11 & Under
- (12-14)
- (15-18)
- (19-29)
- (30-39)
- (40-49)
- (50-59)
- (60-69)
- (70+)
- Walker

Name: _____ Email: _____

Address: _____

Phone: _____ Male Female

Date of Birth: _____ Age (race day): _____ Reg 7 Student/Staff Y/N _____

T-Shirt Size (check one): Adult XL L M S Kids L M S

I know that running or walking is a potentially hazardous activity, I will not enter unless I am medically able and properly trained. I agree to abide by any decision of any race official to safely complete the event. I assure all risks with participating in this event, including but not limited to falls, contact with other participants, effects of the weather, traffic and the condition 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, I, for myself and anyone entitled to act in my behalf waive and release the NWR7 School, Barkhamsted Elementary School, Town of Barkhamsted, State of Connecticut, volunteers and all sponsors from all claims or liabilities of any kinds arising out of my participation in this event, grant permission to all the foregoing to use any photographs or recordings or any other record of this event for any legitimate purposes. I know that dogs, bicycles, inline skates are not allowed.

SIGNATURE: _____ (parent must sign if competitor is under 18)

Race Features

Scenic, fairly level out and back course (two hills) along the Farmington River in the Northwest Hills of Litchfield County.
water stations -- **t-shirts-- ample parking -- fruit