

The Milford Road Runners

presents



Independence Day 5000 5K Road Race & Fitness Walk

Wednesday July 4, 2018 at 9:00am

Foran High School
80 Foran Road, Milford CT

Food, Water, Raffle Prizes, Lots of Parking

T-shirts to all pre-reg and as available on race day - so make sure to pre-reg!
USATF Certified Course (CT990 DR)
Electronically timed by The Last Mile

Schedule of Events

7:30am Race Registration to start
8:50am Announcements/ to Walk start
9:00am 5K Race to start
9:05 Fitness Walk to start
10:15am Awards Ceremony

All abilities of runners and walkers welcome!

Discounted Price of \$20 if received by 6/4/2018

Name:	Checks Payable to:
Street:	Milford Road Runners
City/State/Zip:	Mail to:
Registration for: 5K or Fitness Walk (circle choice)	Jerry Meshell
Sex: M F Birthdate: / /	118 Cherry Hill Rd
Age on Race day: _____ Shirt size: S M L XL	Orange, CT 06477
Email	Pre-registration \$25 race, \$20 walk
Day of registration \$30 race, \$25 walk	
Must be received by 7/2/18	
<p>Please understand that this event is rain or shine & non-refundable. I hereby release the city of Milford, The Milford Road Runners and Foran High School, all personnel involved, volunteers any co-sponsoring company(ies) from responsibility, from any injuries or damages I may suffer as a result of my participation in the Independence Day 5000. I hereby certify that I am in good condition and am able to safely compete in this event. I will additionally permit the use of my name and pictures in print. Being a summer event I am aware the conditions may be adverse, including but not limited high temperatures. I am aware that there will not be medical staff on duty and that the roads are open to traffic. As a participating athlete, I certify that the information provided by me in this form is true and complete. I have read the entry information provided for the event and certify my compliance with my signature.</p>	
SIGNATURE:	Date: