

5TH ANNUAL APRIL FOOL'S BACKWARD MILE & 5K RUN/ 3K WALK

SATURDAY, MARCH 31ST, 2012

ESSEX, CT TOWN HALL

TO BENEFIT LITERACY VOLUNTEERS VALLEY SHORE

Fun Lollipop Run for Children 6 and under!

7:30AM	REGISTRATION
8:30AM	BACKWARD MILE (18+ ONLY)
8:50AM	LOLLIPOP RUN (6 AND UNDER)
9:15AM	5K RUN & 3K WALK

Entry Fees

**Cash, checks payable to LVVS,
visit www.register.fasttracktiming.com, or to register**

Postmarked by March 23rd

Backward Mile	\$18
5K Run/ 3K Walk	\$23
Lollipop Run	\$5
Backward Mile AND 5K/3K	\$40

Postmarked after March 23rd

Backward Mile	\$20
5K Run/ 3K Walk	\$25
Lollipop Run	\$5
Backward Mile AND 5K/3K	\$45

Register online at www.register.fasttracktiming.com -OR- mail registration form and entry fee to:

Literacy Volunteers Valley Shore, CT, Inc., P.O. Box 1006, Westbrook, CT 06498
Questions? 860-399-0280 or info@vsliteracy.com

Free T-Shirt to the First 100 Applicants! Fun Awards for Race Winners!

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Last Name _____ First Name _____
Phone# _____ E-mail _____ DOB _____
Address _____

Street City State Zip

Age (Day of Race) _____ Gender (circle) M F Shirt Size (circle) S M L

RACE (circle) Backward Mile 5K Run 3K Walk Lollipop Run

In consideration of the acceptance of this entry, 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 as to my ability to safely complete this event. I assume 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 are known and appreciated by me. I hereby waive and release any and all rights and claims for damage I may have against Literacy Volunteers Valley Shore, CT, Inc., the Town of Essex, Essex Parks and Recreation, The Essex Town Hall, and all Departments, their representatives, successors, or assignees for any injuries that may be suffered by me or my child in this event. I certify that I and/or my child, is physically capable of successfully completing the race.

Signature (accepted online by typed name) _____

Applicant or Parent/Guardian of Participant under 18 years of age