

3rd ANNUAL APRIL FOOLS' 5K RUN/WALK & BACKWARD MILE (open to runners 18 or older)

Saturday, April 10, 2010 RAIN, SNOW OR SHINE

LOLLIPOP RUN FOR CHILDREN AGES 6 AND UNDER

Essex, CT Town Hall, Cor. Grove Street & West Ave.

This Year Featuring Chip Timing

☺ Benefits LITERACY VOLUNTEERS VALLEY SHORE ☺

www.vsliteracy.org

7:30 am	Registration for all races/walk
8:30 am	Backward Mile
8:50 am	Lollipop Run
9:00 am	5K Race/Walk

\$\$ Entry Fees: (per runner) – Cash, Check (payable to LVVS) or Register at active.com

Postmarked By April 3

5K Walk/Race - \$23.00
Backward Mile - \$18.00
Lollipop Run - \$5.00
Both Races - \$40.00

After April 3

5K Walk/Race - \$25.00
Backward Mile - \$20.00
Lollipop Run - \$5.00
Both Races - \$45.00

First 100 Entrants for Run/Walk or Backward Mile Receive T-shirt Awards to: Top Male & Female Backward Miler, Top Male & Female 5K Runner/Walker, Top Male & Female 10 year Age Groups – no duplicates

Mail Registration Form and Entry Fee to: LVVS, 25 Middlesex Tpk. #2, Essex, CT 06426
Questions call (860)767-1202 or email: lvvs@snet.net or register at active.com

Last Name _____ First Name _____

Phone # _____ Email _____ DOB _____

Address _____

Street City State Zip

Age/Day of Race _____ Sex (circle one) M F Shirt Size (circle one) M L XL

RACE: (circle one) 5k Race 5k Walk Backward Mile 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 being known and appreciated by me. I hereby waive and release any and all rights and claims for damage I may have against the Literacy Volunteers Valley Shore, the Town of Essex, Essex Parks and Recreation, The Essex Town Hall, and Departments or 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 child, is physically capable of successfully completing the race.

Signature _____

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

Directions: From 95N or 95S, Exit 69 to Rt..9N. Take Exit 3. Left at end of ramp. At light turn right onto West Ave. Town Hall ¼ mile on left on the corner of Grove Street and West Avenue.

From 91N or 91S, Take Rt. 9S to Exit 3. At end of ramp turn left. At light take a left onto West Ave. Town Hall ¼ mile on left at corner of Grove Street and West Avenue.