



# LITCHFIELD FIRE DEPARTMENT'S FALL 5K ROAD RACE

## Saturday, September 24, 2011

*5K Race at 11:00 am - Registration from 9:30am-10:30am*

Entry Fee: \$25 fee in advance - Postmarked by August 15, 2011  
\$30 fee after August 15, 2011

Men and women of all abilities welcome to participate! Walkers welcome!

The first annual Litchfield Fire's Fall 5K Race, is a fundraising event hosted and benefiting Litchfield Fire Department, a non profit organization. All proceeds from this race will benefit Litchfield Fire Department. For more information, go to: [www.litchfieldfiredepartment.com](http://www.litchfieldfiredepartment.com).

**Course:** Start and Finish at the Plumb Hill Playing Fields. A beautiful traffic free course that runs along Whites Wood Road into White Memorial Nature Preserve Property, and returning at the Plumb Hill Playing Fields. No pets, skates, or bicycles.

**Computerized Results:** State of the art Electronic Chip Timing presented by **Greystone Racing** with real time results at the finish line!

**Directions:** Take Route 202 (West Street) to Constitution Way, to Plumb Hill Road (Litchfield Intermediate School/Litchfield High School).

**Parking:** Please use the parking lot located at the Litchfield Intermediate School, Plumb Hill Road, Litchfield, CT.

**Prizes:** Overall 1st/2nd/3rd place male and female to finish. Prize will also be awarded to fastest Firefighter. Prizes and Giveaways for runners the day of the race.

*Performance by:*



Porta Potties Available  
Refreshments after the Race for Participants  
Water Station at Halfway Point and Finish Line

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Registration form: Mail to: **LFD, Po Box 786, Litchfield, CT 06759** ~ Checks payable to **LFD, Fall 5K Road Race**

Name: \_\_\_\_\_  
Age: \_\_\_\_\_ Sex: M or F (circle one) Firefighter: Yes or No (circle one) If Yes, Department: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_

**LFD Tek T-shirt** (to first 150 pre-registered): Adult Sizes: (circle one) S M L XL

**WAIVER AND RELEASE: PLEASE READ AND SIGN:** I certify that I entered the Litchfield Fire Department's Fall 5K Road Race with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. In consideration of the acceptance of my entry, I, for myself, my heirs, devisees, executors, administrators and assigns, hereby waive and discharge any and all claims against the Litchfield Fire Department, the Town of Litchfield, White Memorial Conservation, Plumb Hill Playing Fields, and all employees, owners, agents and representatives thereof, and all sponsors, contributors, volunteers and race workers, arising out of my participation in the Litchfield Fire Department's Fall 5K Road Race. I further agree to abide by all decisions of the Litchfield Fire Department regarding any rule or eligibility requirement. I hereby grant permission to all of the foregoing persons and entities to use photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature/Legal Guardian if Under 18: \_\_\_\_\_

Medical Release for Treatment if Under 18: \_\_\_\_\_

(If Runner is under 18, Parent must sign both lines above)

Date: \_\_\_\_\_

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