

Sunday, April 23<sup>rd</sup>, 2017

# BRING ON THE HEAT 5K

5K Run/ 5K Walk,  
¼ Mile Kid's Fun Run

Sunday, April 23<sup>rd</sup>, 2017

Memorial Hall, The Green, Bethlehem, CT

7:30 AM – Registration Opens

8:30 AM – Kid's Fun Run

9:00 AM – Run/Walk Start

Entry: \$25 Pre-Registration; \$30 on race day  
\$5 Kid's Fun Run

T-shirts: First 100 registered

Awards: Male and female overall winners  
Top Three in the Age Groups: U-12; 13-19;  
20-29; 30-39; 40-49; 50-59; 60-69; 70-79, 80+

More info: [www.firstmile-fitness.com](http://www.firstmile-fitness.com)

Presented by  
Bethlehem  
Park and  
Recreation



100% of  
proceeds  
go to the  
Bethlehem  
Fuel Bank

Mail form and check to: Bethlehem Recreation, PO Box 673, Bethlehem, CT 06751

Name:

Age:

Address:

Phone:

Email:

Sex (M/F):

T-shirt size (S/M/L/XL):

Run, walk or kids fun run? (R/W/K):

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions 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 into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release First Mile, LLC, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, and the Town of Bethlehem, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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

(Parent or guardian if under 18)

Race #