

Saturday, April 28th, 2018

Edwards Financial Services presents

Seeds of Hope

**5K and 10K Trail Races
& 2 Mile Walk**

Saturday, April 28th, 2018

Congregational Church of East Hampton
59 Main St, East Hampton, CT

Registration 7:30 AM / Race 9:00 AM

Entry: \$25 Pre-Registration, \$30 Race Day

T-shirts: First 75 registered

Awards: Top 3 finishers; U – 12, 13-19; 20-29 30-39; 40-49; 50-59; 60-69; 70-79, 80+

www.firstmile-fitness.com/seeds-of-hope-5k/

In Support of the
Seeds of Hope
Mission Trips to
Rutland, MA and
Costa Rica



Benefits the
Heifer Project
and
Strong
Missions

Mail form and check to: CCEH, PO Box 237, East Hampton, CT 06424

Name:

Age:

Address:

Phone:

Email:

Sex (M / F):

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

5K RUN / 10K RUN / 2 MILE WALK:

Run or walk to support a great cause on the beautiful Airline Trail

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, the Congregational Church OF East Hampton, 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 East Hampton, 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 #