

Sunday, October 21, 2017

# Loredana Nesci Memorial 5k

## 5K Road Race/ 5K Trail Race/ 2 Mile Walk Kid's Fun Run

Saturday, October 21<sup>st</sup>, 2017

Hubbard Park, 999 West Main St., Meriden, CT  
06451

Registration 3:00 PM, Kid's Run 4:15 PM

Run/Walk Start 4:30 PM

Adults: \$25 before Oct 21; \$30 on race day

T-shirts: Free for first 150 registered  
runners/walkers

<http://firstmile-fitness.com/loredana-nesci-memorial-5k/>

Run or walk to  
promote healthy  
relationships,  
safe families, and  
violence-free  
communities



Mail form (one per participant) and check to Loredana Nesci Memorial 5k,  
c/o The First Mile, LLC, PO Box 1303, Glastonbury, CT 06033

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **5K Run / 5K Trail Run / Walk / Kid's Run**

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Sex ( M / F ):** \_\_\_\_\_

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

**Are You a Member of a Team? Team Name:** \_\_\_\_\_

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 Meriden, 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)

<b>Race #</b>
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