

This is a race of fun, challenge, fun, families, fun.... all for the benefit of future health, togetherness and support of a good cause- we hope you join us this year and many more to come!



Sunday, May 20, 2012







Quaker Hill School, 285 Bloomingdale Road, Quaker Hill, CT

USATF Certified 5K to start at 1:30 PM, T-Shirts to the first 125 5K Challenge Registrants
Shirt size guaranteed to those registered by May 8th when the shirt order must be placed

5k Awards in the following categories:

*Sponsored by CCQH -
a Community Cooperative
Benefiting the Needs of
Quaker Hill & Beyond*

**Proceeds to Benefit
Cancer Research**

-  The Aerobically Advantaged 19 and under
-  The Prime of Ambition 20 to 29
-  The "We can do it all" 30 to 39
-  The Gravity Challenged 40 to 49
-  The Connective Tissue Challenged 50 to 59 and
-  The Respected Others 60+

**NEW: Capture the moment with race photos
by JMacht Photography**

5K Individuals: \$25 Pre-Entry --- \$30 on Race Day

Register On Line via [www. QH5K.COM](http://www.QH5K.COM)

5K Teams: \$20 pp (we apologize but at this time we are not able to accept online TEAM entries)

Please use ONE registration form PER MEMBER and submit all team entries together prior to May 18th

For more information go to www.qh5k.com OR email us at: info@qh5k.com

2012 QUAKER HILL 5K CHALLENGE



REGISTRATION FORM

Entry form for: QH5K Challenge 5k Team Member (Check ONE category only)

Make check payable to: CCQH

Mail to: Quaker Hill 5K, 161 Old Norwich Road, Quaker Hill, CT 06375

Name: _____ Circle Gender: M F Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Phone: (_____) _____ - _____

Team Name: _____ (If submitting as part of a team)

Circle T-Shirt Size: S M L XL (all shirt sizes are adult) Shirts provided to first 125 registrants
Size guaranteed to those registered by May 8th when the shirt order must be placed

I, the undersigned, am responsible for coverage of any injury or damage that occurs to me and/or my property as a result of my participation in the Quaker Hill 5K Challenge (the "Event") and I agree to assume all risk in connection with my participation in the Event. I understand that participation in the Event is voluntary and the inherent dangers of the Event, if any, including, but not limited to, the effects of weather and the conditions of the course, vehicular traffic, contact with other participants, injury, illness, and even death, are fully understood.

I hereby grant permission for photographs, videos, and other images to be taken during the Event and assign all rights to the Event Coordinators.

I hereby for myself, my heirs, executors and administrators, waive, release and forever discharge QH5k Event Coordinators, their volunteers and all other respective affiliated persons and entities, the Quaker Hill Elementary School, the town of Quaker Hill CT, the Concerned Citizens of Quaker Hill, coordinating groups, agents, volunteers, representatives, heirs and assigns of all of the foregoing, and all others in any way associated with the Event (collectively, the "Released Parties") from and against any and all injuries or damages that I may sustain in connection with the Event, as well as any and all other liabilities or claims of whatever nature or description, in equity or at law, which I, my spouse, or my child may have against any of them relating to the Event. This release shall be binding even if the risks and liabilities that are being released by this document arise out of the negligence or carelessness of one or more of the Released Parties. I further agree to defend, indemnify and hold harmless, the Released Parties from, for and against any and all demands, claims disputes, actions, causes of action, liabilities, losses, damages, penalties, recoveries, judgments or executions, costs and expenses, of any kind, arising in connection with my participation in the Event.

I hereby attest that I have read, fully understand, and agree without exception to all the provisions, releases, and waivers outlined in this Participant General Release and Agreement. I understand that this document is a legally binding document that limits the legal liability of the Released Parties. I attest, under penalty of fraud, that I am at least 18 years of age, and if I am signing for a minor, that I am the minor's parent or legal guardian.

I understand that all fees are non-refundable.

Participant Signature

Date

Parent's Signature if under 18