



Sunday, March 29, 2015

Runners & Walkers Welcome

Kids 1-mile Dash @ 9:30 am ~ 5K Race @ 10:00 am

The Lake of Isle's Fairway 5K race treats runners and walkers of all ages to an exclusive experience with the picturesque grounds of the golf course, with all proceeds benefiting Preston Parks & Recreation. This is a unique opportunity to run through the private course on the cart paths of Lake of Isles.

A post-race awards presentation will follow with a cash prize going to overall male and female top finisher. Medals will be awarded for top men and women finishers in the following ten-year age-groups: 14 and under, 15-24, 25-34, 35-44, 45-54, 55 and over.

I plan to: _____ Run _____ Walk

Last Name _____ First Name _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Date of Birth ____/____/____ Gender _____

T-Shirts will be provided to the 1st 100 registrants. Available sizes are:

ADULT: S M L XL (Circle One)

Payment

_____ 5K Pre-registration until 3/28/15 \$25.00

_____ 5K Race Day Registration 3/29/15 \$30.00

_____ Kids 1-Mile Pre-registration until 3/28/15 \$10.00

_____ Kids 1-Mile Race Day Registration 3/29/15 \$15.00

Sub-Total _____

Donation to Preston Parks & Recreation _____

Total _____

____ Enclosed is my check for \$_____ payable to the **Preston Parks & Recreation**

TURN OVER TO COMPLETE REGISTRATION FORM

For more information, please visit our Facebook page at: **Lake of Isles Fairway 5k**

For registration forms visit our Town website: **www.preston-ct.org**

Send your completed form to:

**Preston Parks & Recreation, Attn: Fairway 5K, 389 Route 2, Preston, CT
06365
or it may be dropped off at the Preston Town Hall,
Parks & Recreation Department.**

You can also register online at:

<https://runsignup.com/Race/CT/NorthStonington/LakeofIsleFairway5K>



Waiver: I hereby declare, assert and affirm that participation in Lake of Isles Fairway 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated event, specifically Lake of Isles/Troon Golf, Preston Parks & Recreation Department, all coordinators of the event and respective employees, for any and all activities connected with the above event.

Print Name _____ Date _____

Signature _____ Parent/Legal Guardian must sign if
participant is under the age of 18

