

19th Annual

LOBSTER LOOP

5K Road Race & Non-Competitive Health Walk



Benefiting Canton Middle School PTO

SUNDAY, AUGUST 22, 2010

Canton Town Green – Route 44 & Dowd Avenue, Canton, CT

REGISTRATION INFORMATION – Non-Refundable \$20 Entry Fee – on or before 8/18
\$25 Day of Race Entry Fee

- Free T-shirt to all **pre-registered** entrants (*postmarked or on-line by August 7th*)
- Register On-Line – **Active.com** by 8/18 Register By Mail – postmarked by 8/18
- Race Start Time – 8:30 am Sharp, registration opens 7:30 am.
- Sorry, No Animals or Wheels (*Strollers, Roller Blades, Bicycles, etc.*) allowed

4 Trophies – 1st Place Overall Male/Female 1st Place Canton Male/Female
18 Blue First Place Medals 18 Red Second Place Medals 18 Yellow Third Place Medals

Make Checks payable to **Canton Middle School PTO** – Mail to CMS PTO, 76 Simonds Avenue, Canton, CT 06019
PLEASE DO NOT SEND CASH FOR MORE INFORMATION CALL TRACY REED 860-693-6927
or **TORI SHOWALTER 860-693-9569**

Lobster Loop Mail- In Registration

- Youth (under 12) Juniors (12-14) High School (15-18) Adult (19-29) SubMaster (30-39)
- Master (40-49) GrandMaster (50-59) Veteran (60+) Grand Veteran (70+) Walker (Noncompetitive)

Last Name _____ First Name _____ T-Shirt Size (check one) small medium large X-large
 Address _____ City _____ State _____ Zip _____
 Phone _____ Date of Birth _____ Male Female

Pre- Registration Fee \$20.00 **Must be post-marked by August 18th. Checks payable to Canton Middle School PTO.**

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heir, executors and administrators, release and discharge the Canton Middle School PTO, the Town of Canton, and all other associated with this event from all claims, damages, rights of action, present or future, whether the same be known, anticipated, or unanticipated, resulting from or arising out of, or incident to my participation in this event. I know that running a road race is a potentially hazardous activity, I assume all risks associated with participation in this event, including, but not limited to, falls, contact with other participants, the effects of weather including high heat and/or humidity and the conditions of the road, all such risks being known and appreciated by me. I certify that I am mentally able, physically fit and have trained for competition in this event.

Signature of Participant (Parent or Guardian if under 18 years old)

Application May Be Photocopied or downloaded @ CantonSchools.org - under Canton Middle - Special Announcements

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