

Spirit of Stafford

5K & 10K Road Races

Presented by:

**The Stafford Lions Club & Boy Scout Troop 81
Proceeds to local programs for Lions & Boy Scouts
&
The Fidelco Guide Dog Foundation, Inc.**

**Sunday - June 25, 2006 at Stafford High/Middle School
Complex**

5K Race Starts at 8:45 AM

10K Race Starts at 9:00 AM

Registration at 8:00 AM

Prizes for category winners

\$400 TOTAL CASH PRIZES

\$50 EACH TO 4 WINNERS OVERALL

(2 MEN 2WOMEN)

\$20 TO SECOND PLACE OVERALL

(2 MEN 2WOMEN)

12 \$10 RANDOM PRIZES



For more info, visit our Web site at: <http://www.ringassociates.com/staffordroadrace>



Stafford School Complex
Orcuttville Road (319) & Levinthall Run

Downtown Stafford Springs

PLEASE COMPLETE ENTIRE APPLICATION – ENTRY MUST BE SIGNED – PLEASE PRINT

Early entry requires postmark by June 10, 2006

Early Entry \$12 Early Entry With Tee \$20

Circle size: SM MED LG XL

Entry day of race \$20 Adults \$15 children 14 and under

Tee day of Race \$12

Divisions & Awards: Men's and Women's Divisions: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ Make check payable to the Stafford Lions Club. Please pick up your number at Stafford High School on race day. **Random cash prize drawings.** Refreshments after race. Registration starts at 8:00 AM, Race starts at 9:00 AM.

Detach and mail to:
Stafford Lions Club
P.O. Box 143
Stafford Springs, CT 06076

_____	_____	_____	_____
Last Name	First Name	Age	Sex
_____	(____)	_____	_____
Street Address	Phone Number	5 K	10 K
_____	_____	____/____/____	_____
City	State	Zip Code	E-mail Address
_____	_____	_____	Date of Birth

WAIVER AND RELEASE: I know that running a road race could be a hazardous activity and I should not run unless I am medically able and properly trained. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING THE SPIRIT OF STAFFORD ROAD RACE, INCLUDING BUT NOT LIMITED TO: FALL, TRAFFIC AND 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, I, for myself and anyone entitled to act on my behalf, hereby waive and release the Stafford Lions Club, Boy Scout Troop 81, the B.S.A., the Town of Stafford, and all sponsors, volunteers, and providers of services to the race, their representatives and successors from all claims or liabilities of any kind arising out of my (or entrant's) participation in this event even though the claim or liability may arise out of negligence or carelessness on the part of any person named in the waiver.

SIGNATURE _____ DATE _____

(Signature of parent or guardian if entrant is under 18 years old)