

**5K**   
**RIDGE RUN**  
East Granby, CT

**2<sup>nd</sup> Annual East Granby Ridge Run 5K**  
Saturday May 22, 2010 10:00 a.m. At **Beautiful** East Granby Farms

Enjoy a day in the park! Walk or run...come just for fun! Strollers welcome! All Ages!  
**Support our Community** Visit us: [www.EastGranbyRidgeRun.com](http://www.EastGranbyRidgeRun.com) **Cheer on your neighbors!**

After the race treat yourself to hot dogs, hamburgers, ice cream, popcorn and cotton candy  
from 9:30 a.m. to 1:00 p.m. East Granby souvenirs available!

**Prizes! Giveaways! 50/50 Raffle! FREE T-Shirt w/adult registration!**

**Sponsored by: Women's Club of East Granby**

Proceeds to benefit:

**Sponsors & volunteers needed!** East Granby School System's Athletic Department

**Register Today!** Visit [EastGranbyRidgeRun.com](http://EastGranbyRidgeRun.com) for printable application.

\$25 pp; \$20 for additional family/team members Children 1 - 12 grade \$15, 5 & under FREE

Late registration after May 10, 10 \$30 pp; Children same

Race Directors: Eden W. & Mary Roy Comstock email: [EastGranbyRidgeRun@Live.com](mailto:EastGranbyRidgeRun@Live.com)

**Register Form (one per participant)**(Please Print):

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Team Name (if applicable): \_\_\_\_\_

Street address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender M or F: \_\_\_\_\_ Age or Grade (if youth): \_\_\_\_\_

Checks only. Payable to WCEG. Mail-in registration must be received by May 10, 2010

**WE WILL NOT MAIL YOUR RUNNER NUMBER.** Runner number and T-Shirts **MUST** be picked up on Race Day  
8:00 a.m. to 9:00 a.m. at Registration Booth at East Granby Farms 79 North Main St. (Rte 187N), E.Granby, CT

**Release**

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the Women's Club of East Granby, The East Granby Ridge Run race directors, the Town of East Granby and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising from participation in this event. I further agree to and do hereby assume any and all risks of personal injuries including death and all such damages to property, real or personal, caused by or arising out of my involvement in The Women's Club of East Granby's East Granby Ridge Run. I further agree that photos and movies taken or made in connection with The East Granby Ridge Run, or any reproduction of the same, as well as PARTICIPANT'S name, may in any manner be used by SPONSORS or by any person, corporation, partnership or associations authorized by SPONSORS. I warrant that PARTICIPANT is in good health and has no physical condition that would prevent PARTICIPANT from participation in the EVENT.

I HAVE READ AND UNDERSTAND THE FOREGOING RELEASE AND SIGN IT VOLUNTARILY.

Signature of participant \_\_\_\_\_

Signature of Parent or Guardian (If participant is a minor) \_\_\_\_\_

Mail application, fees and **signed release** to WCEG PO Box 30 East Granby, CT 06026