

# **FALCON TRAIL RACE**

**Saturday, April 13, 2019**

**5K Trail Race**

**Starts at 10am (Rain or Shine)**



**LOCATION:** McDonald Nature Preserve, Washington Road, Wilbraham 01095

Proceeds go to improvements at Town of Wilbraham Recreational Facilities.

**Ages:** All ages (Please no carriages or dogs).

**Entry Fees:** ADULTS: \$20 Pre-registered; \$25 Day of Race

KIDS 14 AND UNDER: \$10 Pre-registered; \$15 Day of Race

**Prizes:** Prizes for all age groups

**Course:** 5K Trail Race (easy to navigate)

**Registration:** Online @ [wilbrahamrec.com](http://wilbrahamrec.com), mail in to: Friends of Recreation, PO Box 283, Wilb., or day of race

**Amenities:** Custom designed moisture-wicking long sleeve shirts (children/adult sizes) for those that preregister.



**Race sponsored by:**



## **2019 Registration Form**

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City/State/Zip** \_\_\_\_\_

**E-mail (Please print very clearly)** \_\_\_\_\_ **Age:** \_\_\_\_\_ (Day of Race) **Male / Female**

**T-Shirt size — Moisture Wicking Long Sleeve Shirts:** Children: M / L Adult: S M L XL XXL

I know that I am running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. I agree not to sue and also agree to forever release the Town of Wilbraham or the Wilbraham Friends of Recreation, Inc., their servants, officers, officials, employees, agents and ("the releasees") assisting or participating in this race from any and all claims, rights of action and causes of action that may arise in the past, or may arise in the future, directly or indirectly, from personal injuries to me or my child or property damage resulting from me or my child's participation in this race. I also promise, to indemnify, defend, and hold harmless the releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to me or my child or property damage resulting from me or my child's participation in this race. I further affirm that I have read this Registration Form and that I understand the contents of this form. I understand that my (our) participation in these programs is voluntary and that I (we) am free to choose not to participate in said programs. By signing this form, I affirm that I (we) have decided to participate in this race with full knowledge that the releasees will not be liable to anyone for personal injuries and property damage my child or I may suffer in this voluntary race. Further, I grant to all the forgoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

\_\_\_\_\_  
**Signature (If under 18– parent/guardian)**

\_\_\_\_\_  
**Date**

**Please make checks payable to: Wilbraham Friends of Recreation**

Mail application and payment to: PO Box 283, Wilbraham, MA 01095

For information call 413-596-2816 or [wilbrahamrec.com](http://wilbrahamrec.com)

Download application/register online at [WilbrahamRec.com](http://WilbrahamRec.com)

