



# 1<sup>st</sup> ANNUAL APRIL FOOLS' BACKWARD MILE AND 5K RUN/WALK



**SATURDAY MARCH 29, 2008 (rain, snow, or shine)**

**LOLLIPOP RUN FOR CHILDREN AGES SIX AND UNDER  
WILL BENEFITS LITERACY VOLUNTEERS VALLEY SHORE, CT, INC.**

**Where:** Essex Town Hall. West Avenue. Essex, CT. (corner of Grove St **When:** March 29, 2008

Registration begins at 7:30 am for all races / walk

Backward Mile starts at **8:30 am Sharp** Lollipop Run starts at **8:50 am** 5k starts at **9:00 am**

First 100 entrants for backward mile and 5K will be given T-shirts. (*Please note:* only one T-shirt per runner)  
*All lollipop runners will be given a ribbon.*

Entry Fee (If Postmarked by March 21, 2008): \$23 – 5k Walk or Run ... \$18 – Backward Mile (OPEN ONLY TO RUNNERS 18 YEARS OR OLDER \$40 for Both Races (one runner) **ONLY ONE T-SHIRT GIVEN FOR BOTH RACES**  
\$ 5- Lollipop Run – no T-Shirt **After March 21, 2008 \$25 -5K Walk / Run and \$20 Backward mile**

### AWARDS WILL BE GIVEN TO:

**TOP MALE AND FEMALE BACKWARD MILERS...TOP MALE AND FEMALE WALKER 5K...  
TOP 2 MALE & FEMALE 10 YEAR AGE GROUPS (NO DUPLICATES)**

Directions: (From 95 North & South), exit 69 to Rt. 9 N. to Exit 3. Left at end of ramp. Right onto West Ave. Parking at commuter lot on right. Town Hall is ¼ mile on left on corner of West Ave. & Grove St.  
(From 91 North and South): Take Rt. 9 South to exit 3. At end of ramp turn Left. At light turn left onto West Ave. Commuter parking on right, Town Hall is ¼ mile on left at corner of West Ave. & Grove St.

Questions or to volunteer, call: Cathy Bishop, 860-767-0354 or email: [cbishop56@sbcglobal.net](mailto:cbishop56@sbcglobal.net)

*Detach at dotted line and send to: Cathy Bishop, c/o LVVS Race, 18 Navy Lane, Essex, CT 06426*

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LAST NAME: \_\_\_\_\_ PHONE # \_\_\_\_\_  
FIRST NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_  
ADDRESS \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_ SEX: M F  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Shirt Size: M L XL (circle one) Race: 5k Backward Mile Lollipop

**If you are running both the backward mile and 5K please circle both and include \$40**

**Cash or Check Only, No Credit Cards**

In consideration of the acceptance of this entry, I know that running or walking is a potentially hazardous activity. I will not enter unless I am medically able and properly trained. I agree to abide by any decision of any race official as to my ability to safely complete this event, I assume all risks with participating in this event, including but not limited to falls, contact with other participants, effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. I hereby waive and release any and all rights and claims for damage I may have against Literacy Volunteers Valley Shore CT, Inc., the Town of Essex, Essex Parks and Recreation, the Essex Town Hall, and Departments, or their representatives, successor, or assignees for any injuries that may be suffered by me or my child in this event. I certify that I, and or my child, is physically capable of successfully completing the race.

**Signature:** \_\_\_\_\_  
(Applicant, or Parent or Guardian of participants under 18 years of age)

Make checks payable to LVVS and send with application to:  
Cathy Bishop, c/o LVVS Race, 18 Navy Lane, Essex, CT. 06426