



3.1 mile mostly flat, fast course....on Naugatuck streets and scenic Naugatuck River views!

12:00 PM- Registration
 1:00 PM: 5K Run starts
 1:15 PM: Fun Walk
 2:00 PM- Kids Fun Run (Ages 12 & Under)

Run Starts & Finishes
Cook's Café, 203 Church Street, Naugatuck, CT

\$20 Runners/Walkers
 \$25 Runners/Walkers- Event Day
 \$10 Students
 \$5 Kid's Fun Run (12 & under)

Race Highlights

- T-shirts to all pre-registered by 4/30/12
- Awards for the overall male & female 5K finisher & top 3 in each division:
 (Male & Female: 10 & under, 11-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & over)
- Post-race Gala for all participants hosted by Cook's Cafe

REGISTER ONLINE! Get race info & register online @ www.lungne.org click on events

**PLEASE MAKE CHECKS PAYABLE TO: ALANE
 American Lung Association in CT
 45 Ash Street
 East Hartford, CT 06108**

Last Name: _____ First Name: _____

Street Address: _____ Email Address: _____

City, State, Zip Code _____ Phone Number: _____

Gender: M F (circle one) Date of Birth: _____ Age on Race Day: _____ T-shirt Size: _____
 (Adult S/M/L/XL or Child S/M/L)

I know that running/walking in a race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other runners/walkers, effects of weather, traffic and the conditions of the road. Having read this waiver and knowing these facts and in consideration of acceptance of this application, I for myself and anyone entitled to act on my behalf, waive and release race organizers, the Borough of Naugatuck, Cooks Cafe, of Naugatuck CT, the American Lung Association, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings or any other record of this event for any legitimate purpose. I also understand that the following are prohibited on the race/walk course: Baby strollers & baby joggers, wagons, pets on leashes, inline skates, skateboards, scooters, bicycles, mp3 players, iPods and personal headphones.

Signature (Parent or legal guardian if under 18)

Date

Questions?

Interested in sponsorship opportunities or volunteering?

Email Lisa Wrubleski, LWrubleski@lungne.org (860-838-4377) or Anthony Pohorilak, ants022@sbcglobal.net (203-232-4311).