



Parker Holt 5K Celebration Run
Manchester Community College, Manchester, CT
Sunday, November 8, 2009
11:00 a.m. – NEW TIME

Entry Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Male Female Age on Race Day _____ Date of Birth _____

Runner Walker

Special Trophies will be given to the Top 3 Male & Female and Oldest Male & Female

WAIVER:

I know that participating in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risks of running in traffic. I also assume any and all other risks associated with running this event and its related activities, including but not limited to; falls, contact with other participants, effects of the weather, including high heat and/or humidity; and the other conditions of the roads, intake of food or beverage provided at the race; all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry fee, I hereby, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Silk City Striders, the City of Manchester, the Manchester Police, Race officials, Volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims, liabilities for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release or waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, know and unknown. Application of minors under 18 will be accepted on/with a parent's signature.

Athlete's Signature (Parent's signature if athlete is under 18 years of age)

Date

Entry Fees:	Pre-Registration	\$15	\$10 for 50+ Years Old	80+ Years Old FREE
	Race Day Registration	\$20	\$15 for 50+ Years Old	80+ Years Old FREE

Make checks payable to: Silk City Striders

Mail entry form to: Silk City Striders, 547 Forbes Street, East Hartford, CT 06118

For additional information please visit www.SilkCityStriders.org

Parker Holt

Come join us as we remember our friend, Parker Holt. Our inaugural race in 2002 celebrated Parker and all of his friends from his many years of running. This year Parker will be with us in spirit when we run in his memory.

Parker Holt Celebration Run 5K – Modified course for 2009 -- <http://www.usatf.org/routes/view.asp?rID=333868>



START on Founders Drive South at Intersection with Ramey Drive.
East on Ramey to Intersection with Bidwell – U-Turn onto East Coast Greenway (ECG). Mile 1 is near the dugout of the baseball field.
Cross Great Path and continue on ECG through pinewoods and back to Great Path.
Cross Great path and continue on ECG towards Silver Lane.
Mile 2 is just before the Turn-Around.
Return on ECG towards MCC taking the right fork towards Great Path. Cross Great Path and follow ECG through pinewoods.
Upon returning to Great Path take a Left onto Founders Drive and a right into the traffic circle.
Use curb cut to access sidewalk through campus – Taking the right fork after the breezeway.
Cross Ramey and proceed on access road to Bandshell to Finish Line.

