CIDER MILL 5k & FAMILY FUN RUN

10th Annual

HELP US REACH OUR GOAL OF 1,000 RUNNERS THIS YEAR!

Saturday, October 3, 2009

Crandall Park, Tolland, CT

• Free short sleeve t-shirts to runners pre-registered by 09/18/09
• Medals for all children participants • Trophies in nine divisions • Cash prizes for 5k •

9:00 a.m. Cider Kids
Short distance races for young children, competing within their age group.

9:45 a.m. Cider Mile Fun Run
Cross-country route geared towards older children and families running together.

10:30 a.m. Cider Mill 5k
CASH PRIZES for the first three male/female finishers. TROPHIES for top three male/female finishers in nine divisions. **Walkers welcome in all races. Jogging strollers allowed.**

View the course map, records, photos and directions at www.cidermillroadrace.org

The Cider Mill 5k & Family Fun Run is organized by a committee partnered by the Tolland Elementary PTO, Tolland Middle School PTO, Tolland High School Booster Club, and the Tolland Recreation Department. Proceeds benefit these organizations and their efforts to promote physical fitness within the Tolland community.

Cider Mill Application

One entry form per runner. Please include non-refundable entry fee with signed application (checks made payable to TEPTO, one check per family please) and mail to: P.O. Box 334, Tolland, CT 06084 or return to any Tolland School.

Last name _____ First name _____

Address _____

City _____ State _____ Zip _____ Age on race day _____ Male ☐ Female ☐

Phone _____

Select a Race

	5k	Cider Mile	Cider Kids
Before Sept. 18	$15 ☐	$7 ☐	$7 ☐
After Sept. 18	$18 ☐	$10 ☐	$10 ☐

FREE t-shirt to runners pre-registered by 9/18/09
(t-shirt not guaranteed at race day registration)

☐ Child Medium ☐ Adult Medium ☐ Adult X-Large
☐ Child Large ☐ Adult Large

Please enter me as a runner in the Cider Mill 5k & Family Fun Run. My entry fee is enclosed. In signing this form, I, for myself, my heirs, executors and administrators, release Tolland Elementary PTO, Tolland Middle School PTO, THS Booster Club, the Town of Tolland, the race directors, volunteers, and all sponsors of this race from all liability in the case of death or injury received as a result of participation in this run. In case of a minor (under 18), this form must be signed by the parent or guardian of entrant.

Signature Required (Parent or guardian if minor)

_____