TRI-VALLEY FRONT RUNNERS

4TH ANNUAL DAM CURE RUN (4 MI OR 10K) AND WALK (2 MI)

TO BENEFIT

FAUSTMAN LAB – CURE DIABETES NOW FUND

---2016---

Date . . . . ***Saturday September 10, 2016***

Time: . . . . **10K & Walkers Start at 9:45AM, 4 Milers start at 10AM**

Place: . . . . **West Hill Park** in Northbridge, MA (not the Dam)

Entry Fee: . . . **Pre-Registration** until 9/1/16 : **$20.00** **Post = $25.00**
(T-shirt deadline is 9/1/16)
Checks payable to **"TVFR"** *****No Refunds*****

On-Line Registraton Link: https://app.racereach.com/r/dam-cure-run-trail-race

Divisions: . . . M/F Under 14 to 70+…. Medals: M/F *Each division winner*

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General Info: This race will be a choice of a 10K or a 4 mile Trail Run or a 2 mile walk. Course measured by GPS. Over 75% is wooded, generally rolling & shady. Some rough spots. Remainder on paved/gravel roads. Cancel only in the event of lightning and/or other severe weather…not if it is merely raining. Ample parking, sheltered registration, indoor restrooms, awards/raffle, prizes & refreshments.

Questions?? ***Mike*** **:** (508) 479-8784 **Linda:** (508) 278-3381 Email **: mike@valleyinsurancepartners.com**

Release: Please read, complete, sign and forward to: Mike McMullin, 5 No Way, Uxbridge MA 01569

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Tri-Valley Front Runners, the Towns of Uxbridge, MA & Northbridge, MA and the Road Runners Club of America, all event 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 also understand that there are no refunds regardless of the circumstances including a cancellation due to poor weather directed by town officials. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this even for any legitimate purpose.

SIGNATURE HERE PLEASE: X _____

PRINT NAME	FIRST	LAST	AGE
HOME ADDRESS	NUMBER AND STREET	TOWN	(ON RACE DAY)
STATE →	ZIP→	YOUR EMAIL ADDRESS	
GENDER	MALE ☐ FEMALE ☐		
T-SHIRT SIZE (PLEASE CIRCLE ONE ONLY) S M L XL		EMERGENCY PHONE #:	
RUNNING CLUB NAME→		Circle Event Category: 10K Run 4 Mi Run 2 Mi Walk	