



Entry Form

Multi-Race Event: 5K Run, 2 Mile Walk, ¼ Mile Children's Race
[\(http://www.strongfamilyfarm.org/5th-annual-chicken-run/\)](http://www.strongfamilyfarm.org/5th-annual-chicken-run/)

Date	Location	Registration/Staring Times
Sunday, April 8, 2018	The Historical Strong Family Farm 274 West Street, Vernon, CT	Registration: 7:30 a.m. Children's Race: 8:30 a.m. 5K Run/2 Mile Walk: 9 a.m.

Fees

Adults: \$25 (Save \$5 by registering online or mailing your entry a few days before the deadline of March 31)
 Children: \$2.00

Free T-Shirts to the first 100 5K/2 Mile entries.

Awards

Male/Female Winners: U-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70+

Use one form per entry. Mail form(s) & check to: Strong Family Farm, 274 West Street, Vernon, CT 06066

Name:	Age:	Sex:
Street Address:	Town, State, Zip:	
Phone:	Email:	
Race (circle one)		
5K	2 Mile Walk	Children's Race

All forms must be signed!

Disclaimer: I know that running/walking 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 hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in the 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. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself and anyone entitled to act on my behalf, waive and release Strong Family Farm, The Last Mile, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, and the Town of Vernon, 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 the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____

Date: _____



The event is organized and chipped timed by The Last Mile. **Race #** _____