



Rails to Trails Firecracker 5K

Church St - Vernon CT

Saturday July 6, 2019
9:00 AM



The Vernon Rails to Trails Firecracker 5K
on The Vernon Greenway - Shaded || Hard Packed Surface

USATF Certified Race Course: CT19008JHP
The Firecracker 5K is a Fast, Out and back race course that runs along the Rails to Trails Greenway in Vernon CT

Parking: At the Church Street Parking Lot - Rails to Trails - Vernon

T-Shirts Limited to First 100 Entrants who register by June 19.

S Windsor Purple Heart Half Marathon & 5K (Sept 2, 2019 - 8 am)
Access Physical Therapy || New Balance || Banner Water
Stop & Shop || Finish Lynx || Platt Systems || Geissler's || Bakery
on Main || AMS || Petersens Hardware

Date/Location

Saturday July 6, 2019
Church St Parking Lot
20 Church St
Vernon CT

Divisions/Awards

Youth (19 & under),
(20-29) ,(30-39),
(40-49), (50-59), (60-69)
(70 and over)

Event Time/Schedule

9:00 AM Start
Day of registration from
7:15 AM– 8:45 AM

South Windsor Purple Heart
Half Marathon & 5K
Monday Sept 2, 2019 at 8 am
Flat Fast PR Course
Labor Day 2019

Registration Fees

\$20.00 by July 1

\$30 Day of race.

Checks payable to

"Friends of Valley Falls"

Proceeds to Benefit

Friends of Valley Falls
Rails to Trails Greenways

Registration

Register in advance online at

www.plattsys.com

Name _____ Male/Female

Address _____

City _____ Zip _____

Race Day Age _____ DOB ____/____/____

Email _____

Phone _____

Online at

www.plattsys.com

Mail payments to

Platt Systems
41 Steele Farm Dr
Manchester, CT 06042

Entry Fee(s): \$ _20.00_ (before July 1)

Checks payable to

"Friends of Valley Falls"

Waiver

In consideration of acceptance of this entry into the Road Race, I the undersigned intending to be legally bound to hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the **race director and officials, Town officials, Town of Vernon, Platt Systems, Ken Platt, Friends of Valley Falls, any and all race sponsors and supporters, volunteers, their agents, successors, and assigns, for any injuries suffered by me (or my family members) in this event. I assume all risks with entering this event. Including but not limited to falls, contact with other participants, effects of weather, including snow, ice, traffic, the condition of the race course.**

All such risks being known and appreciated by me. I attest and verify that I (and family members) are physically fit and sufficiently trained for the completion of this event and my (our) physical condition has been verified by a licensed medical doctor within the last six months. I know that bicycles, roller skates, ipods, headphones, and skateboards are not allowed on the course.

Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings and any other record of this event for any legitimate purposes without compensation or remuneration.

Signature _____

Date _____

Signature Parent/Guardian _____

Date _____

If under 18 years of age

