

44th ANNUAL

MOTHER'S DAY DASH 5K

Sunday May 14, 9:30am @ Henry Park

3 Easy Ways to Register!

1. ONLINE

www.plattsys.com

2. MAIL

Platt Systems

41 Steele Farm Dr.

Manchester, CT 06042

3. DAY OF RACE

8:00am-9:15am

& 1st ANNUAL

MOTHER'S DAY MINI DASH 1K

Introduce your child to the lifetime sport of running in this fun and family atmosphere. The Mother's Day Mini Dash begins at 9:15am. This is not a timed race, the course uses the same start and finish lines as the Mother's Day Dash and the route stays within Henry Park. Registration is limited to the first 100 runners. T-shirts are not provided with the mini dash but each participant will receive a prize for participating. Open to runners 8 years old and under.

1 PARTICIPANT INFORMATION

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Birthdate: _____ Age (on race day): _____ Gender: _____

E-Mail: _____

2 SELECT YOUR DIVISION

- | | | |
|---|---|---|
| <input type="checkbox"/> Mini Dash 1K (8 years and under) | <input type="checkbox"/> Open (19-29 years) | <input type="checkbox"/> Grandmasters (50-59 years) |
| <input type="checkbox"/> Youth (14 years and under) | <input type="checkbox"/> Sub-Master (30-39 years) | <input type="checkbox"/> Veterans (60-69 years) |
| <input type="checkbox"/> Juniors (15-18 years) | <input type="checkbox"/> Masters (40-49 years) | <input type="checkbox"/> Heroes (70 years and up) |

- Check if applicable**
- | | | |
|--|--|---|
| <input type="checkbox"/> I am a mother | <input type="checkbox"/> I am running with a son or mother | <input type="checkbox"/> I am running with a daughter or mother |
|--|--|---|

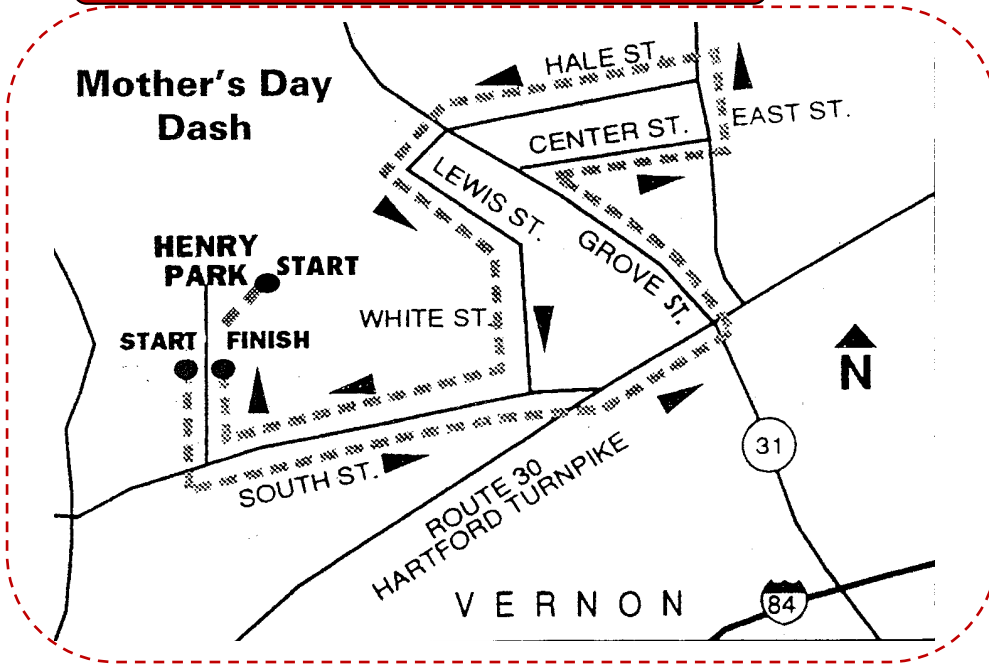
All Mother/Son and Mother/Daughter teams must pre-register. Mothers may run the 5K as a team with only one son or one daughter. Teams must be sent in the same envelope.

3 CHOOSE YOUR SHIRT SIZE

- | | | | | |
|--------------------------------|---------------------------------|--------------------------------|----------------------------------|-----------------------------------|
| <input type="checkbox"/> Small | <input type="checkbox"/> Medium | <input type="checkbox"/> Large | <input type="checkbox"/> X-Large | <input type="checkbox"/> XX-Large |
|--------------------------------|---------------------------------|--------------------------------|----------------------------------|-----------------------------------|

FREE T-Shirt for everyone pre-registered for the 5K by **May 1st**. Mail in registration forms must be postmarked by May 1st to qualify. Additional T-shirts will be available for purchase at the Mother's Day Dash Sunday May 14, 2017.

RACE MAP



5 EVENT

5K COURSE: Fast Flat
USATF Certified 5K.

1K COURSE: Participants remain within Henry Park.

LOCATION: Henry Park, 120 South Street, Vernon, CT 06066

PRIZES: Given to the top 3 finishers in 16 divisions

RAFFLE: Raffle is held during the award ceremony following the race

REFRESHMENTS: Refreshments provided at the end of the race

BIB #s & TIMING: Bib numbers with timing chips may be picked up on race day between 8:00am and 9:20am

PHOTOGRAPHY: Photos by Photography on Demand.

POSTPONEMENT: In case of inclement weather, information will be available on the 24 hour cancellation line; 860-870-3520

PROCEEDS: Race proceeds benefit Send A Kid to Camp Scholarship Fund, Vernon Teen Center, Police Explorers & Robert J. Bonadies Rockville High School Scholarship Fund.

4

PAYMENT & WAIVER

\$5 Mother's Day Mini Dash 1K

\$10 Child Registration (14 & under)

\$20 Adult Pre-Registration

\$25 Adult Day of Registration

Please enter me as a contestant in the Mother's Day Dash. My entry fee is enclosed. In signing this form, I, for myself, my heirs, executors and administrators, release the Vernon Parks and Recreation Department, Mother's Day Dash & all Mother's Day Dash Sponsors from all liability in case of death or injury received as a result of participation in this event. Pictures of myself or my child may be used for publicity by the Vernon Parks and Recreation Department. In case of a minor (under 18), this form must be signed by the parent or guardian of entrant.

Signature: _____

(if minor, parent or guardian signature)

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