

# ACES & Thomas Edison Middle School present:



The 2017 DE5K is a 5K race that will be held in memory of our well-loved and respected, former Physical Education Teacher, Dennis Ensinger. Proceeds will support the Ensinger family.

- ⇒ The race will be held on Saturday, May 20th, 2017 at **Hubbard Park**, Meriden, CT.
- ⇒ Courses: 5k course **OR** 1 Mile Fun Run/Walk
- ⇒ **Free** T-shirt with pre-registration
- ⇒ **Pre-Registration: \$32 Adults (18 & up) \$22 Kids (11-17) 10 & under: FREE**
- ⇒ Race Day Registration: \$37 Adults \$27 Kids
- ⇒ Make checks payable to: **Thomas Edison Middle School**
- ⇒ Mail form and check to: Amy Stinton c/o Thomas Edison Middle School 1355 North Broad Street, Meriden, CT 06450

### Schedule of Events:

- 9:00 am:** Registration begins
- 10:15 am:** 1 Mile Fun Run/Walk
- 10:30 am:** 5K Race
- 11:30 am:** Awards Ceremony

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Cell: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age on race day: \_\_\_ Male or Female

Emergency Contact: \_\_\_\_\_ Cell: \_\_\_\_\_

Circle T-shirt size: Youth-XL S M L XL XXL

Circle One: 5k Race or 1 mile Fun Run/Walk



In consideration of acceptance of this entry, I the undersigned intending to be legally bound, do 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, the Town of Meriden, their representatives, any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, extreme cold or wind, traffic and the condition of the road. All such risks being known and appreciated by me, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardio-respiratory system including heart arrhythmia, heart attack, stroke, and sudden death. Further, I hereby grant full permission to any or all the forgoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes without compensation or remuneration. I know that bicycles, in-line skates, scooters and skateboards are not allowed on this course. I also understand that I do hereby WAIVE any and all rights or benefits under the State of Connecticut Worker's Compensation laws for any injury incurred as a result of my participation in this event, including disregard of the posted route.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parent must sign if competitor is under 18 years of age)