

7th Annual Run for Rice's 5k Road Race



*Hosted by the Rice Nature Preserve Stewardship Committee of the Minnechaug Land Trust, Inc.
Proceeds to benefit the Rice Nature Preserve Stewardship Fund*

When: Saturday, June 3, 2017 at 9:00 a.m. (Day-of Registration open 7:30 a.m. to 8:45 a.m.)

Where: Christ the King Lutheran Church, 758 Main Street, Wilbraham, MA 01095

Registration fee: \$15 pre-registration by May 31, 2017 / \$20 day-of-race registration. Short-sleeve 50/50 blend race T-shirts guaranteed to first 125 registered runners. **On-line registration at Active.com.**

About the Race: A flat, fast 5k course beginning and ending at Christ the King Lutheran Church. There will be one water aid station at the halfway point. Walkers welcome. For runner safety, no bicycles or dogs are allowed on the course.

Awards: Awards to 1st place male and female in overall, 50+ and youth categories (must be present after race).

Mail this registration form to Alison Webster, 4 Birchknoll Drive, Wilbraham, MA 01095. Please include a check payable to Minnechaug Land Trust, Inc. **Questions?** Call Race Director Robert Olsen at 413-596-6990 or better yet **E-mail:** thebigrock9@gmail.com

Name: _____ Age: _____ Gender: M or F _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Adult T-shirt size (circle one): _____ XS S M L XL XXL

In consideration of this application being accepted, I hereby for myself, my heirs, executors, administrators, successors and assigns, waive and release the Minnechaug Land Trust, Inc., Rice Nature Preserve Stewardship Committee and all other agencies, representatives, successors, and assigns for any and all injuries suffered at said event or while travelling to or returning from. I attest I am physically fit to compete in this event.

Signature of Participant (or parent/guardian if under age 18): _____

Go to www.minnechauglandtrust.org for information and registration