

9th 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 8, 2019 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 June 7, 2019 / \$20 day-of-race registration / \$15 for all runners 18 and under. Short-sleeve 50/50 blend race T-shirts guaranteed to first 200 registered runners. Free Rice Fruit Farm ice cream sundae to all registered runners (valid day of race only). **On-line registration available at RunSignUp.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 overall, 50+ and youth (14 and under) 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?** E-mail Race Director Robert Olsen at: 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