

# LISBON MEADOWS 5K TRAIL RACE



**When:** Sunday, October 28<sup>th</sup>, 2018  
**Where:** Lisbon Meadows Park Pavilion, 39 S. Burnham Hwy, Lisbon, CT  
**Time:** Registration begins at 9:30am

**FREE!** - Kids .5 and 1 mile trail race – 10:30am start

Adults 3.1 mile trail race – 11:00am start

**Awards:** Participation ribbons to all youth finishers  
Medals to top 3 male and female finishers in the following age categories:  
19U, 20-29, 30-39, 40-40, 50-59, 60+  
Special prize to the top overall male and female finishers

**\$10 RACE FEE PAYABLE AT THE EVENT - PRE-REGISTRATION IS NOT REQUIRED.**

SPONSORED BY THE LISBON RECREATION COMMITTEE  
A SANCTIONED USATF CROSS COUNTRY GRAND PRIX EVENT

For information contact Chad Johnson at: (860) 617-1144 or email [runninboy@comcast.net](mailto:runninboy@comcast.net)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
Town/City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_  
Emergency Contact and Phone #: \_\_\_\_\_

## WAIVER OF LIABILITY

I know that participating in a strenuous athletic event of this type is a hazardous activity. I certify that I have no physical, medical, nor mental condition which would interfere with my participation in the Lisbon Meadows 5K Trail Race and that I have trained adequately for this off road trail race. I fully understand that I, or the person I am responsible for, will be subjected to harsh environmental conditions, including but not limited to, extreme temperatures, unpredictable weather conditions, hiking trails, unimproved trails, uneven terrain, rocks, cliffs, roots, trees, stream crossings, wild animals, limited access to immediate medical assistance, as well as any other conditions that man or mother nature may provide. I understand that there is a risk of sustaining serious bodily injury, permanent disability, or even death that might result not only from my own action, inaction, or negligence but the actions, inactions, or negligence of others, the rules of the race, or the conditions of the premises. Further, I acknowledge there may be other risks not known nor reasonably foreseeable at this time. I assume all the forgoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death. Knowing these facts and in consideration of the acceptance of my Event entry, I or the person I am responsible for, and my/his/her assigns hereby waive, covenant not to sue, indemnify RELEASE AND DISCHARGE the Town of Lisbon, its race director(s), organizers, event staff, volunteers, sponsors, and property owners and their officers, directors, employees, agents, other participants, and any other persons or organizations involved in this event from and against any and all claims, liabilities, losses, damages, costs, and expenses arising from or in any way related to my participation in this event or the participation of the person I am responsible for. I certify that I, or the person that I am responsible for, is of sound body and mind and truly capable of participating in this event. I agree to comply with the rules concerning this Event and agree to go only in those areas authorized by the Event organizers. I understand that, in addition to the above, I, or the person I am responsible for, will be responsible for any cost of emergency service that is required during this event.

Date: \_\_\_\_\_ Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

If under 18, parent or legal guardian must sign here: Signature: \_\_\_\_\_