Sunday, April 17, 2011

**Time:** 11:00 a.m. to 1:00 p.m.  
**Location:** WCSU Westside Campus  
43 Lake Ave. Extension  
Danbury, CT 06810

**Distance:** Run is a 5K  
Family Fun Walk is approximately 1 mile

**Course:** Route will be contained on the Westside Campus; therefore it will include some hills!  
Water stops available along the route

**Timing:** The Last Mile Race Mgmt. Co.

**Entry Fee:**  
Pre-registration: Deadline April 11, 2011  
Community: $15 in person or by mail  
WCSU Students: $5  
WCSU Faculty: $10  
After pre-registration deadline:  
Community: $20 in person or by mail  
WCSU Students: $10  
WCSU Faculty: $15

Family Fun Walk is FREE, pre-registration is encouraged (no T-shirts provided)

**Race Day Registration Available**  
From 11:00 a.m. – 11:30 am  
*T-Shirts to ALL pre-registered runners*  
*T-Shirts to first 50 post-registered runners*

Sunday, April 17, 2011  
Come join us for a spring run and enjoy the views on the beautiful Westside campus of Western CT State University  
Sponsored by the HPX Club
4th Annual Family Walk / 5K Run

Name: _______________________________________
Age: _______ Sex: ______
Address: ______________________________________
City: __________________________ State: ______ Zip: ______
Phone: (     ) ___________  E-mail: ____________________________________

Checks payable to: HPX Club Mail to:
WCSU 5K
Attn: Emily Stevens, HPX Dept.
181 White St.
Danbury, CT 06810

Please Circle One:
WALK     RUN
T-shirt Size:  S  M  L  XL

Awards
· Top Male & Female Overall winner
· Top Two finishers (Male & Female) in each category
(Over all winners are excluded from age group)

Divisions
· (Male & Female)
  · 17 years old & under
  · 18-29 years old
  · 30-49 years old
  · 50 years old and older

Waiver and Release of Liability:
I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls; contact with other participants; the effects of weather, including high heat and/or humidity; the conditions of the road and traffic on the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. All fees are nonrefundable.

_________________________________________ ____________ Participant’s Signature     Date

_________________________________________ ____________ Parent’s Signature (if participant is under 18 years of age)           Date

Race Results
Results will be posted and prizes awarded immediately following the race.

All proceeds benefit the Institute of Holistic Health Studies which provides programs and services to WCSU students, faculty and staff as well as the Greater Danbury community. In addition, two monetary awards are provided to WCSU students each year.

For more information please contact:
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