5th Annual HPX Club 5K
&
9th Annual
Institute for Holistic Health Studies
Holistic Health Fair
Saturday April 21, 2012

Time:  
IHHS Health Fair: 10:00 a.m. to 3:00 p.m. (Campus Center Ballroom)
HPX Club 5K: 2:30 PM

Location:  
WCSU Westside Campus
43 Lake Ave. Extension
Danbury, CT 06810

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

Course:  
Route will be contained on the Westside Campus- be ready for hills!
Water stops available along the route

Entry Fee:  
Early Bird Registration (Ends 3/25/12):
$10 WCSU Students, Faculty & Staff
$15 General Population
Pre-Registration (3/26 – 4/15):
$20 WCSU Students, Faculty & Staff
$25 General Population
Race Week Registration (4/16 – 4/21):
$30 WCSU Students, Faculty & Staff
$35 General Population

Family Fun Walk is FREE, pre-registration encouraged (T-shirts $5, please pre-order)

Race Day Registration Available
From 11:00 a.m. – 1:00 p.m.

T-Shirts to ALL early bird/pre-registered
T-Shirts to first 50 Race Week Registered
Name: ___________________  Age: _______  Sex: ______
Address: ____________________________________________
City: ___________________  State: _______  Zip: ___________
Phone: (____) _______  E-mail: ______________________

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

Amount Enclosed: $ ________

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

Please Circle One:

5K WALK  5K RUN  1-MILE FAMILY FUN RUN/WALK

T-shirt Size:  S  M  L  XL
(Family Fun Run include $5 per shirt)

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

Awards
☆ Top Male & Female Student Winners
☆ Top Two Overall finishers (Top Male & Top Female) in each
division (overall race winners are excluded from divisions)

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

Proceeds benefit the HPX Club and the Institute of Holistic Health Studies which provide health and wellness related programs and services to WCSU students, faculty and staff, as well as the Greater Danbury community. In addition, the IHHS awards scholarships to WCSU students each year.

For more information please contact:
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