



Healthy Living Expo

Cheshire Sea Dog Road Races - 5k Run/Walk, 10k Road Race
Kids Doggie Dash Fun Runs,

Cheshire Y Cup Elementary School Relay (request a team entry form)

Sunday, May 19, 2013, Bartlem Park, Cheshire

START
ENTRY FEE
AGE DIVISION
AWARDS
DOGGIE DASH
POST RACE

5K Run/Walk, 10K Run and Elementary School Relay will start at approximately 9:00AM at Bartlem Park, Cheshire. Participants will start lining up on Rt.10 heading northbound in front of the Yellow House. Doggie Dash will start at 11:00AM on the back field by the Town Pool. Registration and check in will start at 7:30AM. **Pre-registration accepted online and at the YMCA until noon on 5/16. Prices increase after pre-registration closes. Free T-Shirts to all pre-registered runners.**

\$ 20 - 5k Run / Walk
\$ 25 - 10K Run
\$ 10 - Doggie Dash

10K-Men & Woman 10-15; 6-19; 19-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+
5K-Men & Women: 6-7; 8-10; 11-13;14-16;17-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70-79; 80+
Walkers and noncompetitive runners are welcome and encouraged to participate.

1st, 2nd and 3rd place prizes in all divisions. Overall female and male winners in both the 5k and 10k run will receive awards.

1/4 mile under age six, 1/2 mile ages seven-twelve. Noncompetitive.
Medals to all finishers! Cotton t-shirt for all Kids Doggie Dash participants.

Healthy Living EXPO 8:00AM to 1:00PM , Bartlem Park

Runners, spectators and the general public are encouraged to visit our exhibitors and sponsors with information for the whole family. Free health screenings.

Entry Form 2013 Sea Dog Road Race

Please enter me in the following race: Doggie Dash 5k Run/ Walk 10k Run

Name: _____

Address: _____

City, State, Zip _____

DOB: _____ Age _____ Male Female

Email _____

Circle - Youth or Adult Shirt Size SM M L XL

AGREEMENT: BE SURE TO READ AND SIGN BELOW:

In consideration of this entry form being accepted, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claim for damages against the Cheshire Community YMCA, volunteers and all sponsors, contributors, and organizers of this event. Sign below to accept agreement. If under 18, parent or guardian must sign.

Signature: _____

Make check payable to : Cheshire YMCA or register online at: www.cheshirehealthylivingexpo.org

CHESHIRE COMMUNITY YMCA

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