

# Colchester Land Trust Salmon River 5.5 Mile Run



**FEATURES:** 5.5 miles of beautiful river and forest scenery, mixed terrain of pavement, gravel, and improved trail, post-race awards ceremony and BBQ. **FREE T-SHIRT TO FIRST 200 RUNNERS.**

**May 13<sup>th</sup> - 10:00am Start - Registration Fee: \$30.00 – Includes Post Race BBQ!!!**  
**Start/Finish at Comstock Covered Bridge - Parking/Registration at Salmon River Picnic Shelter – BRING YOUR OLD SHOES FOR RECYCLING!!**

**For more information, visit [www.salmonriverrun.org](http://www.salmonriverrun.org) or contact [racedirector@salmonriverrun.org](mailto:racedirector@salmonriverrun.org)**

## **Race Application -----**

In consideration of acceptance of this entry, I the undersigned, intending to be legally bound, do hereby for myself, my children, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against any and all race sponsors, directors, volunteers, hired services, facilities, or the cities and towns in which this event is contested, their representatives, successor or assigned, including but not limited to the Colchester Land Trust, the State of Connecticut, the Town of Colchester, and the Town of East Hampton for any injuries suffered by me in said event or to and from such event. I realize that this event is run on public roads and there is little or no traffic control provided and that I participate in this event at my own risk. I attest and verify that I am physically fit and sufficiently trained for completion of this event and a licensed medical doctor has verified any physical condition within the last six months. Further, I hereby grant full permission to any and all of the foregoing to use my photographs, videotapes, motion pictures, recordings, and any other record of this event for any purpose without compensation or remuneration. I also give my permission and consent to act in my behalf to authorize medical treatment should it be required.

Name: \_\_\_\_\_ Age on Race Day \_\_\_\_\_ M \_\_\_ F \_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

T-Shirt Size:    SM        MED        LG        XL        2X        No Shirt (Deduct \$5)

Please make check payable to: **Colchester Land Trust, P. O. Box 93, Colchester, CT 06415**