



## Greybeards Muddy Mayhem Trail Run

5K-ish/ Family Fun Run

Topstone Park, W. Redding, CT

Saturday, April 10<sup>th</sup>, 2010

In case of extreme weather conditions, race will be rescheduled for Sunday, April 11<sup>th</sup>, 2010. Please call (203) 938-5036 x3 to confirm.

11:00 a.m.-Kids' Fun Run

11:30a.m.-5K Run

**ALL RUNNERS MUST ARRIVE PRIOR TO 10:45 a.m.-gates will be locked!**

### Course Description:

All runners compete on the same approximately 5K course. The course is a trail run through muck, mud, and loose rocks around beautiful Topstone Pond (old shoes and goggles recommended). The kids' fun run will be on a relatively flat and straight course.

### Pre-Race Entry:

Postmarked before April 1<sup>st</sup>, 2010:

Adults-\$20

Kids (13 and under)- \$15

After April 1<sup>st</sup>/Race Day:

Adults-\$25

Kids (13 and under)-\$20

*Note: Race is limited to first 175 registered runners. If you would like to register the day of, please call the number listed above to see if there are any existing spots left.*

**Race day registration closes at 10:30 a.m.**

**Race T-shirts to the first seventy-five pre-registered runners**

Proceeds from this event will go to the Redding Elementary School Basketball Court Restoration Project.

Race Director: Dan Sullivan    203-938-0374    E-mail: [danandwendy@aol.com](mailto:danandwendy@aol.com)

### Directions:

The race starts and finishes at Topstone Park, located on Topstone Road, W. Redding, CT, 06896. From Route 7, turn onto Topstone Road, and proceed straight over the train tracks and up the hill. The park entrance will be on your right side just after the road turns into a dirt road. Please turn in to park and please follow parking attendants.

Please join us after the race for refreshments and light musical entertainment provided by:



# Registration form for Greybeard's Muddy Mayhem Trail Run:

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Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Gender: (circle) M F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent Signature (if under 18): \_\_\_\_\_

Circle T-Shirt Size: S M L XL XXL

\*Make checks payable to Town of Redding, Mail checks to Redding Parks & Recreation

Department, P.O Box 1071, Redding, CT, 06875 Attn: Muddy Mayhem\*

Postmarked before April 1<sup>st</sup>, 2010:

After April 1<sup>st</sup>/Race Day:

Adults-\$20

Adults-\$25

Kids (13 and under)- \$15

Kids (13 and under)-\$20

## Liability Waiver for Greybeard's Muddy Mayhem Trail Run:

I submit this affidavit and waiver to the Town of Redding – Park and Recreation Department and the Redding Greybeards charity organization with the understanding that the information provided herein by the undersigned will be relied upon to verify my eligibility and acceptance of liability to participate in a woodlands trail run through Redding Topstone Park over a distance of more than 4 kilometers.

I acknowledge and understand that running a trail race is a potentially hazardous activity. I should not enter and run in this event unless I am medically able and properly trained. I hereby agree to abide by all decisions of a race officials relative to my ability to safely complete the run. I assume and accept sole responsibility for all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including temperature and/or humidity, traffic and the conditions of the course, all such risks being known and appreciated by me.

I further understand that the Town of Redding is not providing accident insurance and that costs incurred due to injury to myself and/or the minor child named below while participating in the activities listed on this form are my sole responsibility. I release and hold harmless the Town of Redding from any injuries incurred in this event as part of Town recreational activities. I understand photographs of my participation in the run may be used by the department for promotional or advertising materials unless I otherwise notify the department in writing. Entrants who are younger than 18 years of age as of April 10, 2010 must have their parent or guardian's permission to participate in this event indicated by their signature(s) below.

Having read this waiver, understanding and knowing all of these facts and in consideration of your accepting my entry, I, for myself (and/or minor child indicated below) and anyone acting on my behalf, waive and release the Town of Redding and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(Please Print)

Participant Signature: \_\_\_\_\_  
(Signature)

**Signature of Parent/ Legal Guardian is required below if participant is under the age of 18:**

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of parent or legal guardian (if under 18)