North Branford Parks & Recreation Department &
United Shoreline FCU
6th Annual PoCo Fest 5k X-Country Race
Augur Farm ~ 298 Forest Road ~ Northford
Sunday, August 3, 2014
Rain or Shine

Check Your Event:

☐ 5k X-Country Run 9:30 am
☐ 1 mile Tator Trot Fun Run 9:00 am
☐ 5k Fitness Walk 9:30 am

	5k Run	Fun Run	5k Walk
Before July 30	$18	$10	$10
After July 30	$20	$10	$10
Race Day	$22	$12	$12

***Course: Rolling terrain through fields, woods & over streams**

Please Print Clearly!

___/___/___/___/___/___/___/___/___/___/___/___/
Last Name
___/___/___/___/___/___/___/___/___/___/
First Name
_____
Address
_____
City State Zip
_____ _____
Day Phone Cell Phone

Register ON-LINE at nbpotatofest.com
or
Make checks payable to:
Town of North Branford &
Mail to:
North Branford Parks and Rec.
1332 Middletown Avenue
Northford, CT 06472
or
By Phone w/Visa/Mastercard
203-484-6017

Following the race
- Awards will be presented
- Snacks are included with race fee
- Festival opens at 9 am

Release: I know that participating in this fitness event is a potentially hazardous activity. I will not enter and compete unless I am medically able and properly trained. I assume all risks with participating in this event, including but not limited to falls, contact with other participants, effects of the weather including high heat & humidity and the conditions of the course, all risks being known and accepted by me. In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the North Branford 5K Cross Country Race and Festival and their representatives, successors and assigns The Town of North Branford for any and all injuries suffered by me in said event. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes. I know that dogs, bicycles, in-line skates and baby joggers & stroller are not allowed on the course.

_____ _____ _____
Date Signature of Athlete Parent's signature if under 18