

3rd Annual Community Fun Walk/Run and

7th Annual Holistic Health Fair

Saturday, April 17, 2010

- Time:** 11:00 a.m. to 3:00 p.m.
- Location:** WCSU Westside Campus
43 Lake Ave. Extension
Danbury, CT 06810
- Distance:** Run is a 5K
Family Fun Walk is approximately 1 mile
- Course:** Route will be contained on the Westside Campus
therefore it will include some hills!
Water stops available along the route
- Timing:** The Last Mile Race Mgmt. Co.
- Entry Fee:** \$15 pre-registration by mail or in person
\$20 after pre-registration deadline
\$5 WCSU Students
\$10 after pre-registration deadline
\$10 WCSU Faculty, Staff & Alumni
\$15 after pre-registration deadline
Pre-registration deadline Friday, April 9, 2010
- Family Fun Walk is FREE, pre-registration encouraged (no T-shirts provided)

**Race Day Registration Available
From 11:00 a.m. – 1:0 p.m.**

*T-Shirts to ALL pre-registered
T-Shirts to first 50 post-registered*



Saturday, April 17, 2010

Come join us for a spring run and enjoy the views on the beautiful Westside campus of Western CT State University

Sponsored by IHHS and HPX Club

3rd Annual Community Fun Walk and 5K Run

Registration Form

Name: _____ Age: _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ E-mail: _____

Checks payable to: **IHHS**

Mail to: WCSU 5K & Health Fair
Attn: Robyn Housemann, HPX Dept.
181 White St.
Danbury, CT 06810

Please Circle One:

WALK RUN

T-shirt Size: S M L XL

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

**Divisions
(Male & Female)**

- 17 years old & under
- 18-29 years old
- 30-49 years old
- 50 years old and older

Awards

- ☆ Top Male & Female Overall winner
- ☆ Top Two finishers (Male & Female) in each category (overall winners are excluded from age group)

Race Results

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

All proceeds benefit the Institute of Holistic Health Studies which provides programs and services to WCSU students, faculty and staff as well as the Greater Danbury community. In addition, two monetary awards are provided to WCSU students each year.

For more information please contact:

Robyn Housemann at housemannr@wcsu.edu

Or 203-837-8882