



[www.ludlow5k.com](http://www.ludlow5k.com)

**TO BENEFIT THE CYSTIC FIBROSIS FOUNDATION**

DATE: SATURDAY JUNE 28, 2008

PRIZES:

TIME: 9:45 A.M. (WALKERS START @ 9:30)  
(FUN RUN AFTER 5K)  
PLACE: RT.103 JACKSON GORE, LUDLOW, VT  
START & FINISH: JACKSON GORE@OKEMO MT  
PRE-REGISTER: BY JUNE 20TH  
LATE REGISTER: 7:45A.M.– 8:45A.M. RACE DAY

- Trophy to top male + female runner in 5k
- Medals to top 3 male + female runners in each age group
- Medal to 1<sup>st</sup> place walker in age group
- Ribbons to all fun run finishers

ENTRY FEES: \$ 20 PRE-REGISTER  
\$ 25 DAY OF RACE  
\$ 1 FUN RUN

- Prize to highest \$ fundraiser
- T-shirts to first 200 registrants
- After race refreshments
- Raffle prizes

USATF SANCTIONED  
NO DOGS ALLOWED ON RACE COURSE

\*\*\* Check our website for more info

NEW: BIKE HILL CLIMB @ 3P.M. GO TO bikereg.com FOR MORE INFO

\*\* GET SPONSOR PLEDGES AND BE ELIGIBLE FOR AN AWARD! (SEE SPONSOR SHEET)\*\*

FOR MORE INFO OR TO BECOME A SPONSOR CONTACT:

PEG CARIDDI	(802) 228-7076	
	(516) 538-1316	
CHERYL DUCHARME	(802) 228-3768	WEEKEND
	(203) 453-3476	HOME

APPLICATION: PLEASE COMPLETE AND SIGN BELOW \_\_\_\_\_

MAKE CHECKS PAYABLE TO:  
CYSTIC FIBROSIS FOUNDATION \$20 BEFORE 6/20 OR \$25 DAY OF RACE - BIKE&RUN \$55  
MAIL TO: PEG CARIDDI 96 RT.66 LUDLOW, VERMONT 05149

NAME: \_\_\_\_\_ AGE \_\_\_\_\_ M/F \_\_\_\_\_

PO BOX/ ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

SHIRT SIZE ( S, M, L, XL) \_\_\_\_\_ RUNNER \_\_\_\_\_ WALKER \_\_\_\_\_ BIKE/RUN COMBO \_\_\_\_\_

IN CONSIDERATION OF THIS ENTRY, I HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS WAIVE ALL CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE CYSTIC FIBROSIS FOUNDATION, THE OFFICIALS, THE ORGANIZERS, THE SPONSORS OF THIS RACE AND ALL INDIVIDUALS ASSOCIATED WITH THIS EVENT. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED FOR THIS EVENT.

SIGNATURE \_\_\_\_\_

PARENT/GUARDIAN SIGN IF UNDER 18 \_\_\_\_\_

