



# 4th ANNUAL 2019 BLUE & GOLD 5K FUN RUN

*Sunday, May 5, 2019*

Registration begins at 8:30 a.m. Van Why Field  
Kiddie Dash-9:15 a.m.  
5K Race - 10:00 a.m.  
The Gilbert School Cross Country Course

*In conjunction with the Blue & Gold golf tournament, proceeds to support the student-athletes of The Gilbert School.*

**Entry Fees:** 5K - \$25 Pre-registered by May 1; \$30 after & day of race; (non-refundable)

Students 18 and under - \$15 Pre- registered by May 1; \$20 after and day of the race. Gilbert students: \$10

**Kiddie Dash** - \$5 Ages 2-11 (Ribbons for all participants) - ¼ mile dash

**Awards:** Top M/F for each age group: 12 and under, 13-19, 20-29, 30-39, 40-49, and 50 and older; top M/F Gilbert student; top M/F Gilbert faculty member; prizes for all Kiddie Dash participants.

Best Blue and Gold Outfit - Best Race Costume -

\*Fruit and water will be provided for after the race.

**Course:** The Gilbert School cross country course

**Contact:** Please send your check and registration to **Gilbert Athletics Department, 200 Williams Ave, Winsted, CT 06098**. Please contact AD Donny Crossman [crossmand@gilbertschool.org](mailto:crossmand@gilbertschool.org) if you have any questions.



## Charlotte Hungerford Hospital

***Proud Sponsor for Gilbert Athletics – Go Yellowjackets!***

Name: \_\_\_\_\_ Tel. # \_\_\_\_\_ E-mail \_\_\_\_\_

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

Age: \_\_\_\_\_ M/F \_\_\_\_\_ Circle One: 5K Kiddie Dash

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release the The Gilbert School and the Gilbert Athletics department, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the persons named in the waiver. Further, I grant to all of the foregoing the right to use any photographs, motion pictures, recordings or any other record of this event for legitimate purposes.

Signature (If under 18-parent/guardian) \_\_\_\_\_ Date \_\_\_\_\_