



The Westerly Land Trust presents the 3rd Annual Setting the Pace for Conservation 5K at AVONDALE FARM PRESERVE

All proceeds support WLT's land conservation and stewardship efforts on 1,600 acres of protected lands.



Date:	Sunday, November 9, 2014
Time:	1pm; Registration begins at 12pm
Location:	Avondale Farm Preserve, Westerly, RI – Quail Run Entrance
Course:	5k course starting and finishing in preserve, flat and scenic route.
Timing:	Provided by SNERRO
T-Shirts:	Provided to all pre-registered by Friday, October 31 st , 2014
Refreshments:	Provided to all following the race.
Award Categories:	Male and female, Under 10; 10-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and older.
Cost:	Pre-registration (up to Oct 31 st): \$20; Post-registration (after Oct 31 st): \$25.
Additional Info:	Web: http://www.westerlylandtrust.org
Waiver of Liability and Assumption of Risk:	In consideration of accepting my entry, I, the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages that I may have against the Westerly Land Trust and its members and representatives, and any volunteer and/or medical personnel and any volunteer personnel for any injury that I may receive from my participation in this race. Any participant under the age of 18 MUST have parents' written permission to compete. I agree to permit the free use of my name and/or picture in any broadcast, telecast or other account of the race and event. I hereby assume any risk arising out of my participation in this event sponsored by the Westerly Land Trust. This waiver of liability and assumption of risk is based upon RI statute 7-6-9 entitled <u>Exemption From Liability</u> .
Registration:	Mail check (payable to Westerly Land Trust) and entry to: The Westerly Land Trust 5K, PO Box 601, Westerly, RI 02891
Name:	
Street Address:	
City, State, Zip:	
Email Address:	
Shirt Size: (circle one)	Small Medium Large
Sex: (circle one)	Male Female
Age as of 11/9/14:	
Signature:	
Date:	
Kids 1K Race	Free 1K fun run with prizes, sign up at 1:30 the day of race