

Awards & Race Day Features

- Omelets** cooked-to-order for all participants ... an Egg Run tradition!
- Prizes** for male & female winners in 5K/10K Runs and **Adult 5K** walkers
- Random drawing** for other great prizes. Past donors have included:

158 Main, Avalon Equestrian Center, Bia, The Boston Red Sox, Catamount Family Center, Coca-Cola Bottling Company, Creative Edge Hair Salon, Eastman's Bakery, ECHO Lake Aquarium, Essex Outlet Cinema, Fairfax Pharmacy, Fairfax Physical Therapy, Family Video Plus, Fleet Fleet, Foothills Bakery, Green Mountain Coffee Roasters, Hampton Inn, Hannaford's Supermarkets, Inn at Grace Farm, J & L Hardware, Jay Peak, Jeff's Main Seafood, La Quinta Inn, Lake Champlain Ferries, Lake Champlain Maritime Museum, Mad River Glen, Magic Hat Brewing Company, McCracken Tent Rental, Minor's Country Store, Moe's Southwest Grill, Nan's Mobil, Palace 9 Cinemas, Price Chopper, Rainville's Collision and Repair, RiverBerry Farm, Ross's Auto, Snips, Sport and Fitness Edge, The Essex, Three Mountain Lodge, Umiak Outdoor Outfitters, Union Bank, University Mall, Vermont Life Magazine, Vermont National Country Club, Vermont State Parks and Vermont Maple Outlet

About the Fairfax Parks & Recreation Dept.

The Fairfax Parks & Recreation Department, started in 2003, is the result of over 17 years of effort to construct a Fairfax Community Park and Recreation Path. The Fairfax Ducky Race and Egg Run & Walk are two fund raising events that have become a Fairfax annual traditions. These two fund raising events now provide supplemental funding for Park improvement projects and recreation programming development. We are proud of our great achievement of the Fairfax Community Park and Recreation Path. Your participation in this year's race and the past ten years of races not only helped us to this point, but will expand our future horizons into increasing health, fitness and recreational opportunities in Fairfax. Thank you and please enjoy the eleventh Annual Fairfax Egg Run & Walk!

Katrina Antonovich, Fairfax Parks & Recreation Director

PRSRT - STD MAIL
U.S. POSTAGE
PAID
Fairfax
Vermont 05454
PERMIT No.5

Fairfax Parks and Recreation Department
P.O. Box 27
Fairfax, VT 05454

11th Annual

EGG Run & Walk

Fairfax, Vermont

5K Walk / 5K Run / 10K Run

Kids Fun Run 10:15am

Sat., Aug. 7th, 9AM



**A fun, family-friendly event in
beautiful rural Fairfax, Vermont**

**River Road course
New This Year:
Medals for Each Age Group in 5K
and 10K Running Races!
On-line Registration!**

Awesome omelets

**Proceeds benefit the
Fairfax Parks & Recreation Dept.**

www.fairfaxrecreation.com

Mail In Registration (postmarked by July 20th)

Must be completed entirely!

One form and waiver for each individual!

Mail Completed Registration Form and Waiver to:

Fairfax Egg Run
c/o Bonnie Waninger
791 Shaw Rd.
Cambridge, VT 05444

Last name _____ First name _____
Street _____ Apt. _____
City _____ State/Prov _____
Zip _____ Country _____
Phone _____ e-mail _____
Emergency contact name _____
Emergency contact phone _____

Gender: Male Female

Age: 12 & under 13-19 20-29
 30-39 40-49 50-59 60-69
 70 +

Event: 10K Run 5K Run 5K Walk
 Kids Fun Run

* For walkers only. Please be respectful of other walkers by not running !

Cost: Adult - \$20 Youth (12 & under) or Senior (60+) - \$5
Family (children under 18) - \$45
Kids Fun Run - \$5

New This year – Two types of Shirts

Tech Shirts: \$15

Adult sizes S M L XL

T-Shirts: \$10 for Regular Shirts

Adult sizes S M L XL XXL

Child sizes XS (4-6) S (6-8) M (10-12) L

(14-16)

Supplies available while they last with -shirts and Tech Shirts

Total enclosed \$ _____ No. family members _____ **

Payable to: Fairfax Parks & Recreation Dept.

On Site Registration

Fri, Aug. 6th: 6:00 - 7:00 PM Sat, Aug. 7 : 7:45 - 8:30 AM

Location: Fairfax United Church,
Fletcher Rd. / River Rd. intersection (see map)

On Line Registration

www.fairfaxrecreation.com - Click on the Egg!

Questions ?

Need more info? Want to volunteer? Want to donate?
Contact Katrina Antonovich, Egg Run Race Director,
Fairfaxparksandrec@yahoo.com or by voice mail at 849-2641

Waiver of Liability, Indemnification Agreement and Acknowledgment of Risks

**A separate document must be signed by, or on behalf of, each participant.

Assumption of Inherent Risks:

a. Physical activity, by its very nature, carries with it certain inherent risks that can not be eliminated regardless of the care taken to avoid injuries. I acknowledge that participation in the Egg Run & Walk involves jogging, running and/or walking and can be physically taxing and hazardous to my health (or that of my minor participant).

b. I acknowledge that the inherent risks associated with this event include, but are not limited to, falls, contact with other participants, broken bones, sprains, cuts and abrasions, dehydration, heat exhaustion/stroke, the potential for paralysis and/or death, poor road/trail conditions, traffic, high heat/humidity, extreme weather conditions, absence of water and food on the course, and Acts of God. I further understand that race organizers and volunteers may not be medically trained and that a delay in the arrival of qualified medical treatment is possible in the event of my injury during the event.

c. I have read the foregoing and I understand the physical demands this event presents and the inherent risks associated thereto and affirm that to the best of my knowledge, my physical condition (or that of my minor participant) is adequate for me (or my minor participant) to participate safely. My participation (or that of my minor) is voluntary and by signing below I knowingly and completely assume the foregoing risks.

d. I agree to abide by the decision of any race official relative to my ability to safely compete in this event.

Waiver

In consideration of being permitted to participate in the Egg Run & Walk, I, on behalf of myself, personal representatives, heirs, spouse, children or assigns, **do hereby waive, release, discharge and covenant not to sue** the race organizers, volunteers, Fairfax Recreation Path Committee, Town of Fairfax, Fairfax Parks & Recreation Dept., and all sponsors, including the directors, officers, employees, agents and independent contractors of the foregoing (collectively referred to as "Released Parties"), from any and all claims for the ordinary negligence, carelessness, action or inaction of the aforementioned persons or parties to the greatest extent permitted by the Law of Vermont. This agreement applies to personal injury, including death, arising out of my participation in this event.

Indemnification and Hold Harmless

I also agree to HOLD HARMLESS AND INDEMNIFY any or all of the Released Parties from all claims against them resulting from my negligence, gross negligence or willful or reckless conduct in connection with my participation (or that of my minor participant) in this event. I further agree to pay Released Parties's expenses, including investigation and defense costs, attorneys' fees and indemnity payments, in the event that I, my spouse, children or anyone on my behalf, asserts a claim or lawsuit against Released Parties for injuries or damages

I acknowledge this agreement to pay specifically includes claims or lawsuits brought by, or on behalf of, any minor participant identified below on this form, including claims brought once the minor reaches the age of majority.

Image and Likeness

I consent to the taking & public or commercial use and dissemination of any photographic or audio-visual images of me (or my minor participant) taken during my participation in this event and waive any right that I may have to copyright, inspect or otherwise approve the final project incorporating my likeness.

Severability and Venue

I acknowledge and agree that the foregoing is intended to be as broad and inclusive as permitted by the Law of Vermont and that if any portion of this agreement is ruled invalid, it is agreed, notwithstanding, that the remainder of this agreement will retain its full force and effect. This agreement shall be interpreted and governed by the Law of Vermont and any legal action arising out of this agreement or my participation in this event must be brought in Franklin County, Vermont.

Acknowledgment and Understanding

I have read this description of inherent risks, waiver of liability and indemnity agreement and acknowledge, represent & warrant that **I understand I am giving up substantial legal rights, including my right to sue**, and that (1) I am doing so voluntarily and (2) I am of 18 years or older and of sound mind, or if under 18, have discussed fully with my parent or guardian. I further agree and acknowledge that my signature below constitutes a complete assumption of the inherent risks of this event.

Signature Date _____

Signature (Parent/Guardian if Under 18) _____

Parking, Restrooms, Race Start

➤ **Race HQ at the Fairfax United Church !**

•**Parking** is at BFA Fairfax School on Hunt St. **No parking at or around the church !**

•**Restrooms** are available across the hall from the Town Library, just inside the school building on the right **and at the start of the race at the United Church Parking Lot**

•**Race start** is promptly at 9AM, at intersection of River Rd. and Fletcher Rd., near Fairfax United Church.

•**Registration** will end promptly at 8:30am

•**Awards** will be after the final runner crosses the finish line. **Approximately 1 hour after the start of the race**

⌚ **ALLOW PLENTY OF TIME to park, use the restroom, and if necessary, register !**

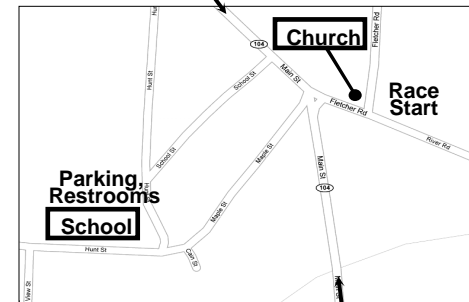
Course Descriptions

5K is a mostly flat, out and back route to the Fairfax Falls dam, appealing to recreational runners and walkers out for fun, or to speedsters seeking a personal best.

10K course continues past the dam over a small hill, followed by a flat stretch past pretty River Berry Farm, up a small hill and back to Chafee Road, to Sheperdson Hollow Road, into shady wooded hills, then back to the start.

Roads are asphalt and hard-packed dirt surfaces.

Rte. 104 from I89, Georgia, St. Albans



Rte. 104 & 128 from Essex, Westford, Cambridge

Official use only:

Entry Fee _____ Shirt Fee _____ Money Rec'd _____ Amt Due _____
Record _____ Bib _____ Waiver _____