



The Westerly Land Trust presents the 8th Annual Setting the Pace for Conservation AVONDALE FARM PRESERVE 5K

All proceeds support WLT's land conservation and stewardship efforts on almost 1,700 acres of protected lands.

Bring your family to enjoy this great outing!



Date:	Sunday, November 10, 2019
Time:	10am; Registration begins at 9am
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
Gift:	Provided to all pre-registered before November 1 st
Refreshments:	Provided to all following the race.
Award Categories:	1 st Place Male and Female, Under 19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 and older.
Cost:	Pre-registration: Adults \$25; 18 and under \$20 Day-of registration: Adults: \$30; 18 & under \$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:	Online registration is preferred at www.westerlylandtrust.org Or 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:	
Gender: (circle one)	Male Female
Age as of 11/10/19:	
Signature:	
Date:	
Kids 1K Race	Free 1K fun run, sign up at 10:30 the day of race