

CIDER MILL

19th Annual

5k & FAMILY FUN RUN

**Qualifier for
Manchester Road
Race!**

Saturday, October 5, 2019
Crandall Park, Tolland, CT

- Free short sleeve t-shirts to runners pre-registered by 9/21/19
- Medals for all children participants • Trophies in nine divisions • Cash prizes for 5k

9:30 am Cider Kids

Short distance races for young children, competing within their age group.

9:45 am Cider Mile Fun Run

Cross-country route geared towards older children and families running together.

10:30 am Cider Mill 5k

CASH PRIZES for the first three male/female finishers. TROPHIES for the top three male/female finishers in nine divisions. **Walkers welcome in all races. Jogging strollers allowed.**

View the course map, records, photos and directions at www.cider-millroadrace.org

The Cider Mill 5k & Family Fun Run is organized by a committee partnered by the Tolland Elementary PTO, Tolland Middle School PTO, Tolland High School Booster Club, and the Tolland Recreational Department. Proceeds benefit these organizations and their efforts to promote physical fitness within the Tolland Community.

Cider Mill Application

One entry per runner. Please include non-refundable entry fee with signed application (check made payable to Cider Mill Road Race, one check per family) P.O. Box 334, Tolland, CT 06084 or return to any Tolland School in an envelope marked Cider Mill Road Race.

Last Name

First Name

Address

City

State

Zip

Age (on race day)

M F

Phone

(Ext.)

Email Address

Select a Race 5k Cider Mile Cider Kids
\$25 \$11 \$11

Free t-shirt to runners pre-registered by 9/21/19

(t-shirt not guaranteed at race day registration)

<input type="checkbox"/>	Child Medium (Yth 10-12)	<input type="checkbox"/>	Adult Medium	<input type="checkbox"/>	X-Large
<input type="checkbox"/>	Child Large (Yth 14-16)	<input type="checkbox"/>	Adult Large		

Please enter me as a runner in the Cider Mill 5k & Family Fun Run. My entry fee is enclosed. In signing this form, I, for myself, my heirs, executors and administrators, release Cider Mill Road Race, Tolland Elementary PTO, Tolland Middle School PTO, THS Booster Club, the Town of Tolland, the race directors, volunteers, and all sponsors of this race from all liability in the case of death or injury received as a result of participation in this run. In case of a minor (under 18), this form must be signed by the parent or guardian of entrant.

Signature Required (parent or guardian if minor)