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King of the Hill 5K Road Race

Berkshire Corporate Park
Thursday, September 16th
6:30 PM – Danbury, CT

To Benefit
United Way of Western Connecticut

individual runners / walkers welcome



Hosted by United Way's EDGE group.
Engage, Develop, Grow & Encourage

For more info, visit:
www.KingoftheHill5K.org

Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Company Name: _____

Male Female Date of Birth: ____/____/____ Your Age on Race Day: ____

Race entry fee must accompany form.

Entry fee: \$25 Children under 12: \$15

Checks payable to: United Way

Mail to: King of the Hill 5K/United Way/85 West Street/Danbury CT 06810

Waiver: I know that entering a road race is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities, including but not limited to, falls, contact with other participants, effects of the weather, traffic and the other conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation, I, for myself, my heirs, executors, administrators and anyone entitled to act on my behalf, waive and release the United Way of Western Connecticut, General Electric Capital Corporation, Berkshire Industrial Corporation, Berkshire North LLC, Berkshire West LLC, the owners and tenants of all property within the Berkshire Corporate Park (said Corporate Park is located within the City of Danbury and the Towns of Bethel and Brookfield), the city of Danbury, the Towns of Bethel and Brookfield, and the owners, operators and residents thereof, race officials, volunteers, all event sponsors and all others (including the respective affiliates, subsidiaries, principals, directors, agents, officers, employees and contractors of any of the foregoing) of and from all claims, damages, liabilities or cause of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. I grant permission to all the foregoing to use any photography, motion pictures, recordings or any other record of this event for any lawful purpose including the use of my name, my picture, and/or my voice. I know that dogs, bicycles, in-line skates and baby joggers are not allowed on the course.

Athlete's Signature: _____
(Parent's signature required if athlete is under 18 years of age)

Date: _____

The Corporate Team Challenge

Each participant must fill out a separate form and sign waiver.

Corporate Team/Organization & Captain:

Team Category (check one)

- Men's Open Men's Masters Women's Open Women's Masters
 Mixed Open

- Masters team require that all members be 40 and older.
- Mixed & Walkers category may include male and female of any age.

Team Captains: Submit a team roster on a separate sheet of paper. Include names of all team members, your name and address and all members' daytime phone numbers.

Three options to register!

1. **Individual Registration:** Complete form and pay the registration fee.
2. **Team Registration:** Register as part of a team
3. **Invite others to sponsor you:** Start your own online fundraising campaign to benefit United Way!

King of the Hill 5K Road Race

General Information

SCHEDULE:

- Sept 10: Last day for guaranteed team inclusion
- Sept 10: Last day for mailed entry forms to be postmarked
- Sept 16: Race Day
- 4:30–6 p.m. Race kit and race day entry registration
- 6:30 p.m. Race begins – Rain or shine
- 7:00–8 p.m. Post race celebration and awards ceremony

COURSE:

- USATF certified scenic course through Berkshire Corporate Park
- View course map at www.KingofTheHill5K.org
- Please note the course is run through private property with speed bumps

REGISTRATION:

- Entry fee: \$25
- Children under 12: \$15
- There are two options for **registering online** at www.KingofTheHill5K.org:
 1. As a Fundraising Participant
 2. As an individual runner (non-fundraising)
- To **register by mail**, fill out the entry form attached and mail, along with a check (made payable to The United Way) for the race entry fee to:
United Way of Western Connecticut
85 West Street
Danbury, CT 06810
Attn: King of the Hill 5K
- All mailed entry forms must be accompanied by the race entry fee (non-refundable) in the form of a check
- T-shirts and race kits given to first 450 paid applicants
- If you are part of a team, please contact your team captain to register

Race Day Registration & Race Kit Pickup:

- Race day registration and race kit pickup is at Berkshire Corporate Park
- Checks and cash will be accepted for race day entries
- All race kits must be picked up on race day
- Each individual is responsible for picking up race kit

Walker's Category:

- The Walker's Category will begin at 6:30p.m.
- Entry forms, along with race entry fees, must be complete and each race waiver signed.

CORPORATE TEAM CHALLENGE COMPETITION:

Qualification and Procedures

- Entry forms, along with race entry fees must be complete and each race waiver signed
- Entry forms received by September 10 are guaranteed inclusion in team scoring
- Teams must have at least three members. Companies may enter an unlimited number of teams and participants
- All team entries should be sent together with a team roster for each team
- Team rosters must include the names of all team members, the team captain's address and all team members' day phone numbers
- Mixed teams compete in the Mixed Open category
- The exchange of race bibs is not permitted

TEAM SCORING:

- Teams can be of unlimited size – the three fastest runners determine cumulative time.
- Awards given to the top three teams in the following for divisions: Team Mixed, Men's Open, Women's Open, Men's Masters, Women's Masters (all masters participants are 40 and older).

INDIVIDUAL AWARDS:

- Top Male & Female Overall
- Given to the top three men and women in each age division (1-10, 11-13, 14-18, 19-29, 30-39, 40-49, 50-59, 60+)
- All children, 10 and under, will receive an award

DIRECTIONS:

From the East:

Follow I-84 East and get off at Exit 7 (left exit) onto Rte. 7N. Take the first exit (Exit 11/Federal Rd). At the bottom of the ramp, turn right and stay in the right lane. At the next light, turn right into Berkshire Corporate Park. The GE Capital parking lot is the first right.

From the West:

Follow I-84 West and get off at Exit 7 onto Rte. 7N. Take the first exit (Exit 11/Federal Rd). At the bottom of the ramp, turn right and stay in the right lane. At the next light, turn right into Berkshire Corporate Park. The GE Capital parking lot is the first right.

QUESTIONS?

Call the United Way at 203-792-5330