



# St. Albans Area Watershed Associations' 10<sup>th</sup> Annual RESTORE THE BAY 5K! – Registration Form

**A 5K Walk/Run beginning at Kill Kare State Park**  
**Please park at St. Albans Bay Town Park to be transported by bus to the start**

**Saturday June 6, 2015**

## SCHEDULE:

- 8:00 a.m. Registration (Bay Park)
- 8:45 a.m. Runners/Walkers take shuttle bus to KillKare State Park
- 9:00 a.m. Race begins at Kamp KillKare State Park

## Refreshments, Awards & Prizes

Can Pre-register by mailing prior to SAAWA ▪ P.O. Box 1567 ▪ St. Albans VT 05478  
 Mail completed form with payment of \$20 payable to SAAWA – 1<sup>st</sup> 75 received are guaranteed a T-Shirt

<b>Participant Name</b>				
<b>Address</b>				
<b>Phone</b>			<b>E-mail Address</b>	
<b>Participant Age</b>		<b>Check One</b>	<b>Male</b> _____	<b>Female</b> _____
<b>Shirt size</b> (not guaranteed)	Adult S _____ Adult M _____ Adult L _____ Adult XL _____	<b>Check One</b>	<b>Running</b> _____	<b>Walking</b> _____

I hereby release the St. Albans Area Watershed Association and all volunteers and sponsors of the “Restore the Bay 5K” from any liability for injuries or damages sustained by me or my property in connection with this event as a participant or observer. I further attest that I am physically conditioned to safely participate in this event and do so at my own risk. I realize that I will be running or walking on public thoroughfares that are not closed to traffic and I am fully responsible for my own health, safety and wellbeing.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 (Guardian signature required if under 18)