

Help Us Celebrate 10 Years 10th Annual Larry Pontbriant Memorial 5K Run/Walk

Date: Saturday May 20th,
2017

Time: Registration starts at
8:30am

Day of Registration Available
Run Starts at 9:30am

Children's Run Starts at 10:30am
\$10 Entry Fee

****Special for the 10th Anniversary****
First 200 who pre-register by mail
before April 17th will get a free t-shirt
thanks to our generous sponsors

**Proceeds benefit the Larry
Pontbriant Athletic Safety Fund
providing AED's to the community**

For more information contact:
Jodi M. Vara—NFA Project
Outreach
860-425-5643
varaj@nfaschool.org
Or www.LPSAF.org



Course:
5K (3.1 mile) road course starting at the
Norwich Free Academy track through
Mohegan Park and back.

Children's Run:
1 lap around the track for Ages 3 to 6
1 mile run around the track for 7 to 13
All Children receive a prize at the end on
the run.

WALKERS WELCOME

**Make Checks or
Money Orders out to:
NFA Project Outreach**

**\$10 Entry Fee
Mail Registration Form
and Entry Fee to:**

**Project Outreach
Norwich Free Academy
305 Broadway
Norwich, CT 06360**

Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Age Day of Race: _____

Sex: _____ T-Shirt Size (circle one) S M L XL XXL

Emergency Contact Name & Phone: _____

Please Sign Waiver and Hold Harmless Agreement on Page 2 or Reverse Side