

9th Annual Larry Pontbriant Memorial 5K Run

**Proceeds will benefit the
Larry Pontbriant Athletic
Safety Fund**

Date: Saturday May 21st, 2016

**Time: Registration starts @ 8:30am
Run starts @ 9:30am**

**Pre-register by: May 6th
Registration Also Available Day of Run**

Entry fees:

- \$10 donation (\$20 Maximum family donation)

When: Saturday May 21, 2016

Where: NFA Track

305 Broadway Norwich CT

Time: 8:30am Registration

9:30 Run Start Time

10:30 Kids .25 and 1 mile run

For more information or to register call:

**Jodi Vara 860-425-5643 or visit the NFA
website or www.LPASF.org**

**Run T-shirts will be given to the
first 50 pre-registered
participants.**

**T-shirts will also be available
for purchase the day of the race**



PRIZES

**A Bib Raffle
will take place
the day of the
race.
All registered
participants
will be entered
into the raffle.**

Course: 5K (3.1 mile) road course running through Mohegan Park, starting and finishing at the NFA track.

Children's run is 1 lap around the track for ages 3 to 7 and a one mile run around the track for ages 8 to 13. All children will receive a prize at the end of the race.

Walkers Welcome!!!

**Stay and Enjoy CELEBRATE NFA DAY
11am to 3pm on the NFA Campus**

BIB #

Make checks out to LPASF

**Mail form and entry fee to:
Project Outreach
Norwich Free Academy**

305 Broadway
Norwich, CT 06360

Phone: 860-425-5643
Fax: 860-425-5795

E-mail: varaj@nfaschool.org

Name _____

Address _____

Phone _____

T-shirt Size: S M L XL XXL

T-shirts are only available in Adult sizes
Free to first 50 pre-registered participants

Sex _____ Age on race day _____

The Norwich Free Academy cannot and will not assume responsibility for damage to or loss of property, bodily / personal illness or injury, or death arising from this event. I therefore agree to release and indemnify The Norwich Free Academy, and its Board of Trustees, officers, agents, volunteers, and employees from any and all claims, including reasonable attorney's fees and costs, brought by anyone attending this function.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____