

Rotary Club of West Springfield Presents

# donut dash

**5k** at Mittineague Park

SPONSORED BY



WESTFIELD BANK

**Sunday, October 21 2018 10:00 am**

Race starts/finishes at the Unico Building. Parking and access through Altamont Street, West Springfield. Join us for a challenging **3.1 mile trail race** through beautiful Mittineague Park. Sign up individually or as part of a team.

**CHECK OFF ONE:**

- ☐ **Individual 5K run/walk/hike \$25** (before October 18, \$30 After)
- ☐ **Team 5k run/walk/hike \$100\***. (before October 18, \$120 After)

\*Team can be up to a max of 8 individuals. \$100 PAYMENT DUE when team name is submitted. Each team member signs up individually. One entry form per person. Prizes awarded to the fastest team, slowest team, team with the best shirts and or costumes.

**SIGN UP ONLINE : [Accu-Specracing.com](http://Accu-Specracing.com)**

Last Name	<input type="text"/>																			
First Name	<input type="text"/>																			
Age	<input type="text"/>	Birthdate: Month	<input type="text"/>	Day	<input type="text"/>	Year	<input type="text"/>	Sex	<input type="text"/>	Shirt Size	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>						
Address	<input type="text"/>																			
City	<input type="text"/>										State	<input type="text"/>	Zip	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>			

**T-Shirt to the First 150 to register**

**Bring a non-perishable food item for the Parish Cupboard**

**TEAM NAME** \_\_\_\_\_

I know that running/walking is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I hereby certify that I am in good health and I have trained to run/walk the distance of the race, which I am entering. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, and sidewalk, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running/walking race, I, for myself, my heirs, executors and administrators, successors and assigns, and anyone entitled to act on my behalf, waive and release the Rotary Club of West Springfield, its officers, directors, members, agents and volunteers, the city of West Springfield, all sponsors, their representatives and successors, from all claims or liabilities of a kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals and radio headsets are not allowed in the event and I will abide by this guideline.

Required Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Signature of parent if entrant is under 18 yrs.)

**Make checks payable to: DONUT DASH 5K**  
**MAIL TO: Curry Printing, 91 Union Street, West Springfield, MA 01089**

**ALL PROCEEDS BENEFIT THE WEST SPRINGFIELD ROTARY CLUB COMMUNITY PROJECTS & SCHOLARSHIP FUND.**