



Bristol Health 10k Road Race

2mile Walk and Fun Run



From The Heart Racing Bell City Series
8AM Sunday August 16th, 2020

Mission: Our mission is to create opportunities to inspire and promote lifelong fitness and wellness. We apply our passion and drive to raise funds for causes near and dear to our hearts. Proceeds will go towards From the Heart Racing to help support and create opportunities to run and race in the Bristol area. Proceeds from the untimed 2 mile walk and fun run will go towards restoring the Bristol Hospital Emergency Room.

Highlights: Part of the USATF-CT Road Race Grand Prix *Tank tops will be given to the first 100 pre registered. Post race party and refreshments.*

Location: HealthTrax Fitness and Wellness Center on 842 Clark Ave. Bristol, CT.

Parking: West Bristol School on 500 Clark Ave. Bristol, CT.

Awards: Awards are given to the top 3 male and female in the 10k only. Awards to the top 3 overall male and female finishers and first in the 10k in these division (no duplicates): 0-10, 11-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Fees: (non-refundable): 10k: \$30 Pre-Reg, \$35 Race Day; 2mile Walk and Fun Run: \$20 Pre-reg, \$25 Day of.

Please PRINT (CLEARLY!): Please Select **2mile walk and fun run** _____ **or 10K** _____
 Full Name: _____ Age _____ Circle Sex: **M** **F**
 Address: _____ City: _____ State _____
 Zip: _____ Phone Number: _____
 Email: _____

In consideration of this entry being accepted. I do for myself, or any person or concern who may, on my behalf, hereby hold harmless and release From The Heart Racing, Health Trax Fitness and Wellness Center, the Town of Bristol, the State of Connecticut, all sponsors, volunteers, and race officials from any and all claims for personal injury, damages arising out of, or connected with, my participation in this event. I also understand that the course has limited traffic control, as well as other risks, including, but not limited to, falls, contact with other participants, the effects of weather, and the conditions of the course. I am physically fit and I assume responsibility for my own safety. Signature: _____ Date: _____
 Amount enclosed: _____ (Of parent or legal guardian if under 18)
 Make Checks payable To: **From The Heart Racing** 77 Buff Rd. Bristol, CT 06010