

All Proceeds to Benefit:



Location

The race starts and ends at
Vermont Sports Medicine Center
5 Albert Cree Drive
Rutland, VT 05701

Race Day Registration

8-9:30am at VSMC

Time

10am – Kids Fun Run down Albert Cree Drive
Free to Kids under 10

5K Run/Walk –
Immediately following Kids Fun Run

Race Day Results

Race results will be posted at
www.vsmc.org and www.usaxc.com

Refreshments for all Runners/Walkers
Prizes for 1st Place in all Runner Age Groups

For more information contact
VSMC's Susan MacLennan at
802.775.1300

Kids Fun Run

Free to Kids under 10 (*T-shirt Not Included*)

Race Entry Fee – Pre-registration

Kids Under 10 Yrs Old – \$5
Ages 10-17 – \$10
18 and Older – \$15

Entry Fee – Race Day

Kids Under 10 Yrs Old – \$5
Ages 10-15 – \$15
16 & Older – \$20

Entry Form

Name: _____ Circle

1. _____ M F

Age _____ Walk or Run _____

T-shirt size _____

2. _____ M F

Age _____ Walk or Run _____

T-shirt size _____

3. _____ M F

Age _____ Walk or Run _____

T-shirt size _____

4. _____ M F

Age _____ Walk or Run _____

T-shirt size _____

Free T-Shirt to First
100 Pre-Registered Entrants

Address _____

City, State, Zip _____

Phone# _____

Email _____

Send this form with your Entry Fee to:
Vermont Sports Medicine Center
5 Albert Cree Drive, Rutland, VT 05701
(*Make checks payable to VSMC*)

** Remember to sign Waiver on opposite side! **

Waiver:

I agree to participate in the Vermont Sports Medicine Center 5K Run/Walk. In consideration of my entry, I do hereby waive, release and forever discharge any and all rights and claims which I (*or my child*) may have or hereafter accrue to me against Vermont Sports Medicine Center or any other groups or individuals associated with this event, for injury or damage suffered by me (*or my child*) while participating in the event and do further certify that I (*or my child*) am physically able to participate in this event.

Entrants:

Print Name: _____

Signature: _____

Print Name: _____

Signature: _____

Print Name: _____

Signature: _____

Date: _____

Signature of parent (*or guardian if participant is a minor*)
including Fun Run Participants:



After illness, injury or surgery, it's important to regain strength and independence – so you can get back to work, play, and the little things you do every day.

Vermont Sports Medicine Center (*VSMC*), a provider of comprehensive outpatient physical and rehabilitative therapy services, helps more than 700 individuals yearly recover from injury and illness, rehabilitate after surgery, and experience relief from chronic conditions.

VSMC also works with area organizations and employers to encourage wellness education, promote safe work practices, and prevent injuries.

With four convenient locations in Brandon, Castleton, Killington and Rutland, VSMC is equipped to offer a wide range of specialized services throughout Central Vermont. No matter where you live or work, you'll find VSMC close by.



5 Albert Cree Dr., Rutland, VT 05701 • 802.775.1300 • www.vsmc.org



VSMC's 20TH Annual 5K Run/Walk

to benefit

**KIDS on
the MOVE**

A Pediatric Rehabilitation Program

Saturday, April 21, 2012
Rain, Snow or Shine



Vermont Sports Medicine Center

5 Albert Cree Drive
Rutland, Vermont