

30th Ripton Ridge Run - Sunday Oct.8,2017

Downloadable, Mail-In Registration Form

The Friends of the Ripton School invites runners and walkers of all levels to participate in the 30th annual Ripton Ridge Run!! This is a 10.4K loop run, a 5K run or a 5K Fun Walk through Ripton, VT on **SUNDAY, OCTOBER 8th** during peak foliage season. Lunch will be available during and following the race. Festivities, a raffle and awards ceremony will follow with prizes for top runners and medallions for winners in each age group. All proceeds benefit the Ripton Elementary School.

COURSE: Courses start and finish at the Ripton Elementary School on the Ripton-Lincoln Road. They traverse roads in Ripton and the Green Mt. National Forest and include water stops. The 10.4K course will be run *clockwise*.

LOCATION/TIME: Check in is at the Ripton Elementary School between 11:00-12:00. The races begin at 12:30.

ON-LINE REGISTRATION option: Sept.1-Oct.2 or first 125 registrants, www.riptonridgerun.org (Paper registration and Race Day registration will remain open.)

REGISTRATION FEES: Fee includes a great lunch, raffle, awards and, for the first 175 paid entrants, a long-sleeved t-shirt. Racers may opt not to get a t-shirt -- subtract \$5.00. **Lunch may be limited to the first 200 registrants.**

Category	Postmarked by October 2, 2017	Postmarked after October 2, 2017
Adult	\$30	\$40
Senior (65+)	\$20	\$30
Children (15 & under)	\$20	\$25

QUESTIONS? Call the Ripton School (802/388-2208) or email riptonridgerun@gmail.com.

Entry Form For good and valuable consideration, I hereby release from liability the organizers and officials of the Ripton Ridge Run and the Town of Ripton, and I waive all rights and claims for damages I may have against the aforementioned as a result of injuries and damages suffered by me in connection with the running of the race. I attest that I am physically fit and in sufficiently good health and condition to finish the race without incurring injury or other damage.

Name _____ Signature _____
 (please print legibly) **(Must be signed by all participants or, if under 18, by parent/guardian)**

Mailing Address _____
 (please print legibly) (Town, State) (Zip)

Age on race date _____ Sex _____ Send me next year's notice by email: _____
(print email address)

Event (check one): 5K Run _____ 10.4K Run _____ 5K Fun Walk _____

T-shirt size S _____ M _____ L _____ XL _____ XXL (limited supply) _____ No t-shirt _____ (subtract \$5) Amt. Enclosed \$ _____
 (We will do our best to accommodate your choice of t-shirt size.)

MAIL ENTRY AND CHECK, payable to "FORS, Inc", TO: RIPTON RIDGE RUN, RIPTON ELEMENTARY SCHOOL, RIPTON, VT 05766 or register on-line. Results will be on the Ridge Run website or include a self-addressed, stamped envelope.

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For official use only:

Date Postmarked: _____ Date Received: _____ Check #: _____ Bib #: _____