

The Middlesex Community College Foundation, In Partnership with the Middlesex YMCA, Presents the

Cap and Gown 5K Run/Walk & Kids Fun Run



Join us on our scenic 5K run (3.1 miles) or an invigorating walk on the beautiful tree-lined roads near the CVH reservoirs behind our campus. Please visit mxcc.edu/5K for additional information.



Register by April 30 to be entered into our Early Bird Raffle for a chance to win a prize!

Prizes for the best
Cap & Gown costumes!

Friday, May 11th, 2018 @ 6pm

Middlesex Community College
100 Training Hill Rd – Middletown, CT

EVENT SCHEDULE

Registration opens – 4:30 pm – Upper Parking Lot
Kids run starts - 5:30 pm
Race starts – 6 pm @ MxCC upper parking lot
Awards Ceremony – 6:45 pm

Prizes awarded to Overall Champions (M & F), Alumni, Students, MXCC Faculty/Staff winners (M & F), YMCA members (M & F) and the top three men and women in each division of the 5K:

12 & under	20-29	50-59
13-15	30-39	60-69
16-19	40-49	70 and older

3 EASY WAYS TO REGISTER:

- 1 Online @ mxcc.edu/5k
- 2 Mail in the registration form on the back of this flyer
- 3 Register on site day of the race

Pre-register by May 7 and SAVE \$5
\$20

Register after May 7
(Including day of race)
\$25

MxCC Students
\$15

Kids Run is FREE!

free
Technical Tank Tops
to the first 100 registrants

The **Middlesex Community College Foundation** supports the College and its students by encouraging and securing charitable contributions to MxCC as well as managing and directing funds for scholarships, program and faculty development, instructional technology and equipment to create a learning environment that fosters student success. The Foundation also seeks to strengthen communication and collaboration among business, civic and professional leaders and organizations in order to advance the college as an educational resource for economic and community development throughout the region it serves.

THANK YOU TO OUR GENEROUS SPONSORS!

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REGISTRATION FORM AND RELEASE

Mail or deliver to: MxCC Foundation, 100 Training Hill Rd., Middletown, CT 06457

Please make checks payable to: MxCC Foundation

5K Race ___ 5K Walk ___ Kids Run (free) ___ MxCC Employee ___ MxCC Student ___ Alum ___

Name _____ Age _____ DOB _____ M or F

Address _____ City _____ State _____ Zip _____ Phone

_____ Email _____

Additional Contributions _____

Circle Shirt Size S M L XL

Please enter me in the MxCC Cap and Gown Race. In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release Middlesex Community College, the State of Connecticut and the MxCC Foundation, as well as any other organizations or sponsors associated with this event and their employees, from any and all injuries that may be suffered/incurred by me at said event. Parental/guardian permission (reg. desk) required for minors.

I understand that my photo may be taken at this event and I grant permission to MxCC and the MxCC Foundation to use said photo(s) in future advertising, promotions or publications. Any participants under 18 years of age must have written parental/guardian permission to participate (forms available at the registration desk prior to the race).

Cancellation Policy: This race will be held rain or shine - if canceled due to extreme weather or other dire circumstances, shirts will be mailed to participants; no refunds can be made.

Signature of Runner or Walker (parent or guardian if under 18)

Date _____

Like to be a sponsor? Go to mxcc.edu/5K