



16th Annual
Jog with Judy
5K Road Race



“Cherish your smiles, pay it forward.” -Judy Nilan

The Judy Nilan Foundation is proud to sponsor the 16th annual **Jog with Judy**, a professionally timed and certified, family-friendly out and back 5K walk/run in honor of Judy Nilan, a social worker at the Woodstock Middle School who had a tremendous impact on the lives of students and colleagues at the school, and the community. The funds raised provide financial support for programs that support our mission of improving the social, emotional and behavior abilities for children to learn effectively

DATE/TIME: Saturday, May 6, 2023, 10:00 a.m.

LOCATION: Roseland Park Road, Woodstock, CT

ENTRY FEE: \$30.00 Adult (by 04/22/2022) (\$35.00 after 04/22/2023)
 \$15.00 Age 13 and under (*as of race day*)

Prize money offered for first place finishers and course record.

Checks payable to “Judy Nilan Foundation.” Entries after April 22nd may not receive a race t-shirt.

ONLINE REGISTRATION: www.judynilanfoundation.org/jogwithjudy

DROP OFF REGISTRATION: Woodstock Elementary or Middle School office

MAIL-IN REGISTRATION: P.O. Box 133, Woodstock, CT 06281

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|---|------------------------------|-----|-----------------------|----|----|-------------|
| Name | Shirt Size (<i>circle</i>) | | | YS | YM | YL |
| City | State | Zip | | S | M | L |
| Email | | | | XL | 2X | 3X |
| AGE (<i>as of 05/06/2023</i>) _____ | | | SEX (<i>circle</i>) | | | Male Female |
| <i>Timing provided by The Empire Timing Company</i> | | | | | | |

WAIVER (Must be signed) (*Name of participant or parent/legal guardian if under 18*)

_____ does hereby covenant and agree to release and hold harmless the Judy Nilan Foundation from and against any and all liability, loss, damages, claims, or actions (including costs and attorney’s fees) for bodily injury and/or property damage, to the extent permissible by law, arising out of participation in the Jog with Judy 5K Road Race. I understand participation in the Jog with Judy involves rigorous physical activity and risks of physical injury, and I assume these risks. I hereby consent to emergency transportation or treatment. I further certify that I am in good physical condition, and I have no medical or physical conditions that would restrict my participation in the event.



(Signature of participant or parent/legal guardian if under 18)