



# Swamp Meadow Covered Bridge Half Marathon & 5K

Foster Fairgrounds, Foster, RI  
Sunday May 8, 2016 9:00 AM

Presented by 3C Race Productions

**The Swamp Meadow Covered Bridge Half Marathon is one of New England's most beautiful courses, following scenic, rolling country roads out through the Swamp Meadow Covered Bridge and then coming back through to return to the Foster Fairgrounds in rural northwest Rhode Island.**

20% of all entry fees support the Foster Volunteer Fire Department and the Rhode Island Road Runners

<b>Entry Fees:</b>	Half Marathon: \$60.00 until May 1, 2016; \$70.00 until May 7, 2016; \$80.00 on race day. 5K: \$30.00 until May 1, 2016; \$35.00 until May 7, 2016; \$40.00 on race day.
<b>Amenities:</b>	Technical shirts to all half marathon runners; cotton T-shirts to all 5K runners; finisher medals to all half marathoners; ChronoTrack B-Tag Chip Timing by Yankee Timing of Nashua, NH; fresh fruit and pastries at the finish line; beautiful course through the town of Foster, 6 water stops; and more.
<b>Awards:</b>	Swamp Meadow Covered Bridge Half Marathon Pint Glasses to overall and age groups winners in the half and 5K.
<b>Directions:</b>	Route 6 East or West to Route 94 South, turn right at Foster Center to Fairgrounds on South Killingly Road
<b>Information:</b>	Call Michael Amarello at (603) 429-8879 or email: michael@3craceproductions.com or go to: <a href="http://www.swampmeadowcbhm.com">http://www.swampmeadowcbhm.com</a> . Make check payable to 3C Race Productions. Mail entry to Swamp Meadow CB Half Marathon, 160 Amherst Road, Merrimack, NH 03054
<b>Sponsors:</b>	RoadID, Fun On Foot In New England, Lightfoot Clocks, VitaCoco, and many more.

Sign up online at: <https://g2racereg.webconnex.com/swampmeadowcbhm2016>

Select Race:    \_\_\_Half    \_\_\_5K

## Individual Entry

Name: \_\_\_\_\_ Gender: M F    Age: \_\_\_\_\_ T-Shirt Size: S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

I/We know that running is a potentially hazardous activity. I/We should not enter or run this event unless I/we are medically able and properly trained. I/We agree to abide by any decision of a race official relative to our ability to safely complete the run. I/We assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by us. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I/We, for ourselves and anyone entitled to act on our behalf, waive and release 3C Race Productions; the Town of Foster, RI; the Foster Volunteer Fire Department; the Rhode Island Road Runners; and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of our participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. I/We agree to the terms as signed by us or our team captain and our participation in this race.

Signature of \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature required for all  
runners under 18 - sign on back of form.