

May 29, 2010 - Saturday before Memorial Day

9:00 AM **4-Mile Road Race**

New Distance in 2010 for the USATF/CT Grand Prix!

Still -Flat-Scenic-Fast

5-K Walk

(Just as flat & scenic)

\$15.00 Pre-Race; \$20.00 on Race Day

Road race awards in the standard divisions.

Raffle prizes for walkers.

1/3-Mile

Kids' Fun Run Age 10 and Under

Following the Road Race: \$5.00

Start and Finish at

Saybrook Point

Where College Street Meets Long Island Sound

USATF Course Cert. CT09025JHP



**USATF/CT GRAND PRIX CHAMPIONSHIP
RACE FOR OPEN, MASTER, GRAND MASTER
AND SENIOR TEAMS**



10-05-007



Sponsored by

The Center for Better Health

Of Old Saybrook

Benefitting

The

Sean Delaney

Scholarship

(Awarded to Old Saybrook High School runners)

Additional information and directions: pvolkmar@snet.net, http://www.snerro.com, http://www.jbsports.com, 860-437-7247

Complete the application below and mail it with a check to:

Delaney Dash

174 Plant Street

New London, CT 06320

Or register on-line at: <http://www.RunReg.com>



1/3-Mile Kids' Fun Run

4-Miles

5-K Walk

Pick one - You can't do both!

OFFICIAL USE

NAME:

FIRST LAST

ADDRESS:

CITY:

ST:

ZIP:

SEX:

AGE:

DATE OF BIRTH:

MM/DD/YY

PHONE:

____-____-____

USATF/CT Club Runners Please Provide:

USATF No.

Club No.

Club Name:

_____.

RELEASE AND WAIVER

I know that running a road race is a potentially hazardous activity. By my signature below, I represent that I am medically able and properly trained. I know that although there will be police protection, there will also be traffic on the course. I assume all risk associated with my running this event, including, but not limited to: falls, contact with other participants (race officials or bystanders), the effects of the weather, including high heat or humidity, traffic and road condition, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release the race directors, USATF, USATF/CT, SNERRO, LLC, the Town of Old Saybrook, JB Sports, LLC, all sponsors, volunteers, medical personnel and anyone acting on their behalf, from all claims or liabilities of any kind arising out of my 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. Additionally, I grant permission to the Race Director to use or authorize the use of any photo, motion picture or video recordings of this event for any legitimate purpose.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness, prior, during or after the race resulting from my participation in the event.

This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature: _____

Parent's Signature : _____ (Required if the runner is under 18 years of age)

[] I have a disability for which I am requesting an accommodation (visit www.usatf.org/about/legal/policies/ADA.asp for forms and procedures)