

(Note...New Venue & Host-same race course)
ACADEMY of the HOLY FAMILY 33RD ANNUAL 3 MILE RACE,
KIDS FUN RUN, & 12th "LICKETY SPLIT" MILE
MARCH 28TH, 2026 (SAT.)



WHEN: SAT. MARCH 28, 2026 (6:30-8:30) REGISTRATION (8:30) LICKETY SPLIT MILE (9:00) KIDS ½ MILE FUN RUN (9:30) 3 MILE RACE
WHERE: (NEW VENUE AND HOST) ACADEMY of the HOLY FAMILY-ST. MICHAELS CENTER-24 SCHOOL HILL RD. BAL TIC, CT. 06330
WHY: ALL PROCEEDS WILL BE A FUNDRAISER FOR THE ACADEMY. **TIMING OF RACE:** SNERRO
ENTRY INFO: *3 MILE RACE/1 MILE RACE (\$33 –PRE-REGISTRATION/ \$35 RACE DAY).....ITS A STRAIGHT FEE WHETHER YOU RUN ONE OR BOTH RACES!!!
 *KIDS FUN RUN ONLY (\$18-PRE-REGISTRATION/ \$20 RACE DAY)
AWARDS + PRIZES *UNIQUE TROPHY AWARD CEREMONY TO TOP 3 PLACES IN 9 AGE CATEGORIES FOR 3 & 1 MILE RACES....
 YOU CHOOSE THE TROPHY YOU WANT!

******Remember..... Free Tshirts guaranteed to all who pre-register by March 11 (Wed.)**
Tshirts will NOT be available on race day.

* \$50 FOR COURSE RECORD AND INDIVIDUAL PRIZES FOR AGE CATEGORY COURSE RECORDS FOR THE 3 MILE RACE.
***We encourage Pre-Registration from all to cut down on overall costs.**
***No Refunds for failure to attend race-or from state ordered cancellation!!!**

⊗ **REGISTRATION BY MAIL:** MAKE CHECKS PAYABLE TO { ACAD. of the HOLY FAMILY }.....AND MAIL TO: ▶▶▶▶
 ⊗ **ALL CHECKS WILL BE DEPOSITED THE WEEK AFTER THE RACE.**

GLENN COSTELLO-AHF ROAD RACE
 75 LAFAYETTE ST.
 NORWICH, CT. 06360

REGISTRATION ONLINE: *raceentry.com*

⊗ **FURTHER INFO:** Glenn Costello **PHONE:** (860) 886-2828 **E-MAIL:** (rungdc@aol.com)

*****OUR FAMOUS POST-RACE BUFFET WILL BE AVAILABLE-COME WITH AN APPETITE !!!!**

=====tear off here and return lower portion-good luck in your race=====

LAST NAME										FIRST NAME										SEX	AGE	PHONE #																	
MAILING ADDRESS																														CITY									
ZIP CODE					STATE					EMAIL ADDRESS																													

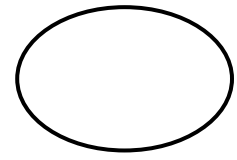
RACE ENTERED: 3 3 MILE RACE 1 1 MILE RACE FR KIDS ½ MILE FUN RUN (T-SHIRT SIZE-Adult... 3 MILE/1 MILE) S M L XL
 (MARK RACE BOX WITH "X") YOU CAN RUN BOTH THE 1 AND 3 MILE RACES IF YOU WANT.....STILL PAY ONE PRICE!!!

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I WAIVE ANY AND ALL CLAIM OF MYSELF, MY HEIRS, EXECUTORS, AND ADMINISTRATORS, AGAINST OFFICIALS, SPONSORS, VOLUNTEERS, SNERRO, ACAD. OF THE HOLY FAMILY, TOWN OF SPRAGUE AND THE CITY OF NORWICH FOR INJURY OR ILLNESS WHICH MAY DIRECTLY/INDIRECTLY RESULT FROM MY PARTICIPATION AND/OR TRAVEL TO THE EVENT. I CERTIFY THAT I HAVE TRAINED AND AM PHYSICALLY FIT FOR THIS EVENT. I ALSO CERTIFY AND GIVE PERMISSION FOR ANY MEDIA OUTLET TO FILM/RECORD ANY IMAGE OF MYSELF OR MY CHILD. I ALSO UNDERSTAND THAT THERE IS NO REFUND OF FEES FOR NON-PARTICIPATION OF RACE-or STATE ORDERED CANCELLATION. IT IS CONSIDERED A DONATION TO THE SCHOOL.

 DATE SIGNATURE (PARENTS SIGNATURE IF UNDER 18)

(KIDS FUN RUN-Youth Sizes YS YM YL

CIRCLE FOR OFFICE USE ONLY



REGISTRATION ONLINE: *raceentry.com*

3 MILE AGE COURSE RECORDS

MALE

AGE 0-14 (2002) CHRIS CROFF {16:18}
 AGE 15-19 (2019) BRANDON MEHLINGER {15:33}
 AGE 20-29 (2002) CHAD JOHNSON {14:48}
 AGE 30-39 (2014) JEFF WADECKI {14:46}***
 AGE 40-49 (2016) CHAD JOHNSON {15:28}
 AGE 50-59 (1999) DENNIS CROWE {15:58}
 AGE 60-69 (2007) DAVE JACOBS {18:44}
 AGE 70+ (2019) TIM SMITH {21:42}

FEMALE

(2014) BRIDGID SELFORS {17:52}
 (2015) BRIDGID SELFORS {17:51}
 (2002) KRISTEN RUFFO {18:36}
 (2002) MELISSA PERKINS-BANAS {17:36}***
 (2022) TRICKY TANKSLEY {18:34}
 (2009) LINDA SPOONER {18:53}
 (2013) MARY SHARKEY {21:33}
 (2022) MARY SHARKEY {24:11}



KIDS FUN RUN WINNER

PAST 3 MILE WINNERS:

- | | |
|--|--|
| (1994) WAYNE JOLLEY/ KAREN GOYETTE (6K) | (1995) AQUINALDO RAMOS/ GALE BALAVENDER (6K) |
| (1996) ED ZUBRITSKY/ MELISSA PERKINS | (1997) ERIC WORONICK/ CANDICE JOHNSTON |
| (1998) ED ZUBRITSKY/ MARY HOWE | (1999) MICHAEL RAFFERTY/ LYNNE HILL |
| (2000) ED ZUBRITSKY/ CINDY LaFRANCE | (2001) TODD BENNETT/ MELISSA PERKINS-BANAS |
| (2002) CHAD JOHNSON/ MELISSA PERKINS-BANAS | (2003) CHAD JOHNSON/ STEPHANIE JOHNSON |
| (2004) KYLE FRIEDMAN/ EMILY PHILLIPS-CHAPMAN | (2005) KYLE FRIEDMAN/ MERIDITH FILTEAU |
| (2006) LARZ SELMER-LARSEN/ EMILY KOMISKY GIETZ | (2007) JEFF WADECKI/ MELISSA PERKINS-BANAS |
| (2008) JEFF WADECKI/ LAURIE SCHAEFFER | (2009) JEFF WADECKI/ KERRI RUFFO |
| (2010) JEFF WADECKI/ KERRI RUFFO | (2011) JEFF WADECKI/ JILL VOLLWEILER |
| (2012) JEFF WADECKI/ LINDA SPOONER | (2013) JEFF WADECKI/ BRIDGID SELFORS |
| (2014) JEFF WADECKI/ BRIDGID SELFORS | (2015) TODD BENNETT/ BRIDGID SELFORS |
| (2016) CHAD JOHNSON/ JACLYN SULLIVAN | (2017) TODD BENNETT/ TRICKY TANKSLEY |
| (2018) BRANDON MEHLINGER/ TRICKY TANKSLEY | (2019) BRANDON MEHLINGER/ ELIANA DUCLOS |
| (2020) No Race (CO-VID 19) | (2021) RICHARD FERNANDES/ ALEISHA BOZIN |
| (2022) SAM JOHNSON/ TRICKY TANKSLEY | (2023) SAM JOHNSON/ LINDA SPOONER |
| (2024) MATTHEW DEVILLERS/ LINDA SPOONER | (2025) SHEPARD LIVINGSTON/ LINDA SPOONER |
| (2026) ???????????????? | |

3M ROAD RACE COURSE: RACE BEGINS AT THE CORNER OF HIGH ST. AND RT. 207>>>HIGH ST. IS A ONE-WAY STREET COMING IN TOWARDS THE START/FINISH LINE FOR ABOUT 200 YARDS>>>HIGH ST. BECOMES SCOTLAND RD. AND CONTINUES TO THE TURNAROUND POINT, WHICH IS LOCATED IN FRONT OF 834 SCOTLAND RD. AND IS APPROX. 75 YARDS FROM LILIBRIDGE RD.

3 Mile Race Winners

