



May 25, 2019 9:00 AM
 \$20.00 Mail-in; \$18.00 Online;
 \$30.00 on race day

We REALLY, REALLY want you to register online!

Start and finish at the Fort at
 Saybrook Point, Old Saybrook, CT

Where College St. meets Long Island Sound

4-Mi (CT09025JHP) \$20/\$18/\$30

1.6-Mi Causeway Walk \$20/\$18/\$30

1/3-Mi Kids' Run (10yr or less) \$5

Even on race day

All on the flat, scenic Old Saybrook shoreline

USATF-CT Grand Prix Championship
Mohegan Striders Grand Prix #4
Connecticut Race Series Race

Tee shirts to the first 400
 registered runners or walkers. Last
 year we ran out - register early!

Benefiting the Sean Delaney Scholarship
 Fund. Over the past 18-years,
 \$75,000.00 has been given to college-
 bound Old Saybrook High School
 runners



Sanctioned and Certified

Our Sponsors

PATHWAY
 the Lighting Source

www.pathwaylighting.com



soundRUNNER



The PARTNER NETWORK
 Real Estate Centers-Brian Andstrom, Broker

ISELIN TREE EXPERTS

THIS-N-THAT, LLC

FORTUNA & CARTELLI

ATTORNEYS AT LAW

Why not join them for next year?
 860-437-7247

Awards

**Special Award - \$100.00 to the overall male
 and female finishers!**

Awards will be presented following the kids' race
 to the top 3 male and female finishers in these
 divisions: (Courtesy of soundRUNNER)

(One award per runner)

Youth	Under 13
Junior	13-19
Open	20-29
Sub Master	30-39
Master	40-49
Grand Master	50-59
Senior	60-69
Veteran	Over 69

Sorry, we
 can't mail
 awards,
 you must
 be present
 to accept

First male & female Old Saybrook residents
 Finisher medals to 1/3 Mile Kids' Fun Run

Get a free entry

Free race entry will be awarded to anyone who
 contributes a **minimum donation of \$100 to the
 The Old Saybrook Education Foundation** to
 support the Sean Delaney Scholarship Fund. The
 Sean Delaney Scholarships will be awarded to
 college bound Old Saybrook High School run-
 ners. Your donation also entitles you to a hardy,
 flowering landscape shrub, a living testament to
 Sean's memory. Shrubs provided by Prides Cor-
 ner Farms of Lebanon, CT (Retail value: \$30.00).
**Make your tax deductible donation of \$100.00
 or more payable to THE OLD SAYBROOK EDU-
 CATION FOUNDATION (Not To Delaney Dash)**
 and mail it to: Delaney Dash, 174 Plant Street,
 New London CT 06320 with your race applica-
 tion.

2019 PARKING OVERFLOW!

Limited parking at race site. On-street parkers
 subject to ticket. Overflow parking will be at
 First Church of Christ in Saybrook, 366 Main St.
 This is about 1.3-mi from the race site. Shuttle
 busses will be available. Last bus leaves the
 church parking lot at 8:30. Baggage storage
 available.

Register online at



Delaney Dash

A 4-mile road race, 1.6-mile causeway walk and 1/3 mile kids' fun run in memory of Sean Delaney who was an Old Saybrook resident and a great runner and friend throughout Connecticut and beyond. Sean passed away on May 2, 2000 after battling cancer for years. The race and scholarship in his name keep his memory running

Directions and Parking:

LIMITED PARKING! CAR POOL PLEASE!

From Rhode Island or Hartford:

Get on Rt. 95 South. Take exit 68, Make a right at the end of the exit ramp, which dumps you onto Rt. 1. Follow Rt.1, Left at 1st traffic light (still Rt. 1), Left 2 lights later on to Main Street, Rt 154. Follow Rt. 154 to Saybrook Point. Parking is very limited this year.

From New Haven

Rt. 95 North to exit 67. At end of exit ramp, follow Rt. 154 south, make a left at the 3rd traffic light on to Main Street, Rt 154. Follow Rt. 154 to Saybrook Point. Parking is very limited this year.

LIMITED PARKING AT THE FORT. TAKE THE SHUTTLE FROM THE 1ST CHURCH OF CHRIST 366 MAIN ST. OLD SAYBROOK

DO NOT DRIVE TO THE STARTING AREA AFTER 8:30!

Two ways to save! (4-Mi & 1.6-Mi only)

Mail-in, save \$10.00. Or online, save \$12.00. Online registration closes on Tuesday before the race. Mail-in registration must be mailed 4 days before the race.

Early Race Packet Pickup (and 20% store discount)

Visit soundRUNNER at 238 Main St, Old Saybrook (860-388-3800) on Friday 2:00 - 6:00 PM before the race and pickup your race packet, tee shirt and bib number. Or, register here any time for \$18

PLEASE BE CONSIDERATE AND SAFE, KEEP WALKERS, DOGS AND BABY JOGGERS OFF THE 4-MI RACE COURSE Complete the application below and mail it with a check payable to DELANEY DASH to:

DELANEY DASH

174 Plant St

New London CT 06320

\$20.00 Mail-in; \$18.00 Online; \$30.00 on race day; \$5.00 Kids Run



Or register online at: **IMATHLETE** inform.inspire.connect. <http://www.imathlete.com>

4-MI RUN

1.6-MILE WALK

(YOU CAN'T DO BOTH)

1/3-MILE KIDS RUN

NAME:

ADDRESS:

CITY:

SEX:

EMAIL:

Grid for name, address, city, state, zip, age, and date of birth.

1/3-MILE KIDS RUN

Help Us Out - Write Neatly - Inside The Boxes

ST:

ZIP:

WALKERS, PLEASE STAY ON THE CAUSEWAY TO HELP MINIMIZE CONGESTION ON THE OUT-AND-BACK 4-MI RUN COURSE.

IF YOU DON'T WRITE CLEARLY, YOUR NAME WILL BE WRONG IN THE RESULTS

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 risks associated with my running this event, including, but not limited to: falls, contact with other participants (race officials or bystanders), the effects of 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, USATE, USATF/CT, SNERRO, the Town of Old Saybrook, JB Sports, 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 this 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 runner is under 18 years of age)

