



May 23, 2020 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**

Special 20th Year Commemorative 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 19-years, \$81,000  
 has been given to college-bound Old  
 Saybrook High School runners



Sanctioned and Certified

## Our Sponsors



**soundRUNNER®**



**SAIT**

**SIGNATURE PROPERTIES OF  
 NEW ENGLAND**

Brian Andstrom, Broker

**ISELIN TREE EXPERTS**

**THIS-N-THAT, LLC**

**FORTUNA & CARTELLI**

ATTORNEYS AT LAW

**PHYSICAL THERAPY & SPORTS**

**MEDICINE CENTER OF ESSEX**

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' run  
 to the top 3 male and female finishers in these  
 divisions: (Courtesy of soundRUNNER)

(One award per runner, based on gun time)

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.

### 2020 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 FIRST 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 Wednesday 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** <http://www.imathlete.com>



OFFICIAL USE ONLY

4-MI RUN  1.6-MILE WALK  (YOU CAN'T DO BOTH) 1/3-MILE KIDS RUN

NAME:

ADDRESS:

CITY:

SEX:  AGE:  /  DATE OF BIRTH:

EMAIL:

**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.

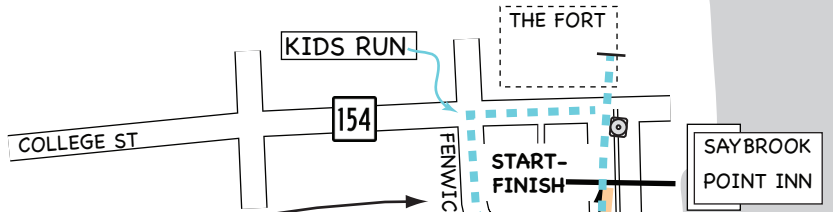
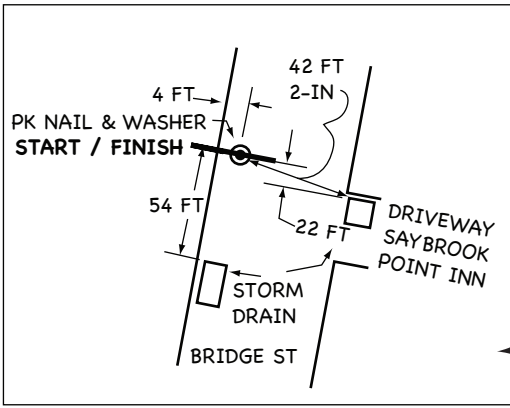
I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness, prior, during or after the race, resulting from my participation in this event.

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) **S**



TRAFFIC CONES ON DOUBLE YELLOW LINE ON MAPLE AVE., BRIDGE ST.

**1.6-Mi RECREATIONAL WALK  
PLEASE STAY ON THE SIDEWALK**

RUNNERS USE ONLY THE WEST BOUND LANE OF MAPLE AVE., BRIDGE ST. IN BOTH DIRECTIONS.

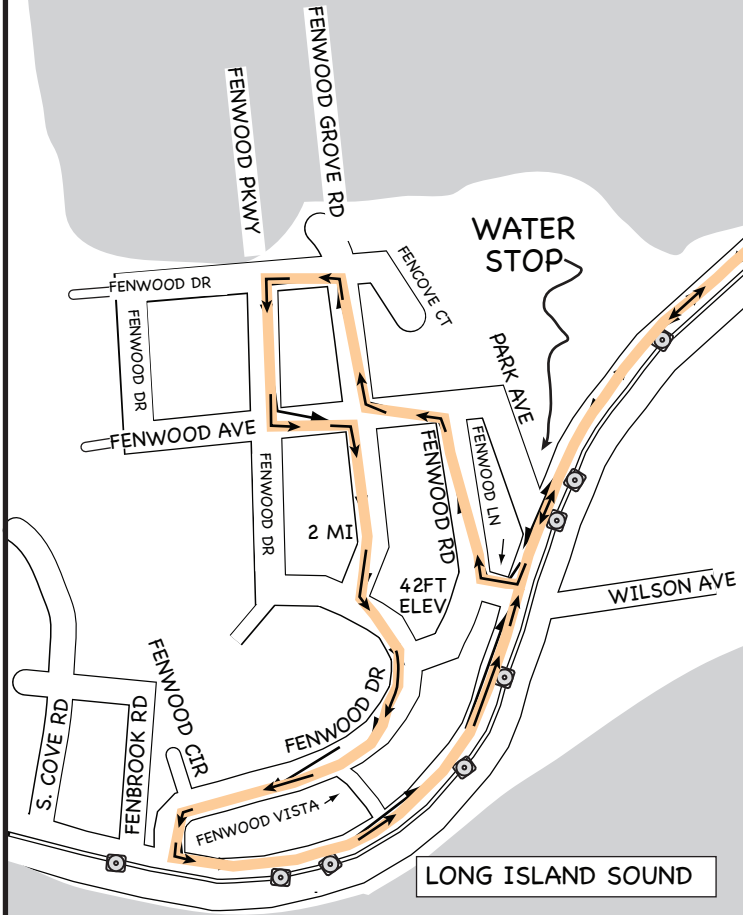
- MILES**
- 1 & 3. ON MAPLE AVE. OPPOSITE IRON GATE FOR GOLF COURSE.
  2. ON FENWOOD GROVE RD. OPPOSITE DRIVE WAY OF HOUSE # 20.



THE 1.6-MI WALK USES THE CAUSEWAY SIDEWALK ON THE SOUTH SIDE OF BRIDGE ST., MAPLE AVE.

SOUTH COVE

**THE 4-MILE ROAD RACE ROUTE**  
 START ON MAPLE AVE (BRIDGE ST., RT154). CROSS THE CAUSEWAY. TURN RIGHT ONTO FENWOOD LN. TURN RIGHT ONTO FENWOOD RD. TURN LEFT ONTO FENWOOD AVE. TURN RIGHT ONTO FENWOOD GROVE RD. TURN LEFT ONTO FENWOOD DR. TURN LEFT ONTO FENWOOD PKWY. TURN LEFT ONTO FENWOOD AVE. TURN RIGHT ONTO FENWOOD GROVE RD. TURN LEFT ONTO FENWOOD DR. TURN LEFT ONTO MAPLE AVE. FOLLOW MAPLE AVE., BRIDGE ST. TO THE FINISH.



**DELANEY DASH**  
**4-MILES**  
 OLD SAYBROOK, CT  
 ELEVATIONS: START/FINISH=15FT;  
 HIGHEST=42FT; LOWEST=5FT  
 MEASURED ALONG THE SHORTEST ROUTE  
 USING THE WESTBOUND TRAFFIC LANE  
 ON BRIDGE ST. AND THE FULL WIDTH OF  
 ALL OTHER ROADS  
 MEASURED 12/14/2009  
 BY: GUIDO BROTHERS ESCORT SERVICE.