

SACRED HEART SCHOOL 9TH ANNUAL "DASH TO HEAVEN" 1 MILE RACE

WHEN: SAT. SEPT. 23, 2017 (7:00-9:15AM) REGISTRATION (9:30AM) 1 MILE RACE

WHERE: SACRED HEART SCHOOL-TAFTVILLE, CT. (15 HUNTERS AVE.)

WHY: ALL PROCEEDS WILL GO TOWARDS THE SCHOOLS PHYSICAL EDUCATION PROGRAM.

ENTRY INFO: \$17(PRE-REGISTERED) \$20(RACE DAY)
TO ALL SACRED HEART STUDENTS>>> \$10(PRE-REGISTERED) \$13(RACE DAY)

- RACE AMENITIES:** * AWARDS TO TOP 3 (MALE/FEMALE) IN 9 AGE CATEGORIES.
*OVERALL AWARDS TO TOP MALE/FEMALE.
*SPECIAL AWARDS TO OVERALL & TOP 5 SACRED HEART STUDENTS (BOY/GIRL)
*FREE T-SHIRTS TO 1ST 75 PRE-REGISTERED.....LIMITED AMOUNT ON RACE DAY.
*REFRESHMENTS WILL BE SERVED AFTER RACE CONCLUDES.....RAFFLE DRAWING FOR PRIZES!!!
*FINAL INSTALLMENT OF THE "RUN AMOK" RACE SERIES...MORE INFO ON THE BACKSIDE.....

TIMING OF RACE: SNERRO



RACE COURSE: START LINE IS LOCATED IN FRONT OF THE TAFTVILLE POST OFFICE ON SOUTH B ST.-RUNNERS PROCEED WEST AND TAKE A RIGHT ONTO HUNTERS AVE.-ANOTHER RIGHT ONTO PROVIDENCE ST. (RT. 169)-ANOTHER RIGHT ONTO SOUTH 4TH AVE.- ANOTHER RIGHT ONTO MATHIEU AVE.-A RIGHT BACK ONTO HUNTERS AVE.-THEN A FINAL RIGHT BACK ONTO SOUTH B ST....WITH THE FINISH LINE IN FRONT OF THE SCHOOLS PARKING LOT.

(RACE COURSE WILL BE MARKED EVERY 1/8 MILE-THE 1/2 MILE MARK IS RIGHT IN THE MIDDLE INTERSECTION OF SOUTH 4TH AVE. AND SOUTH B ST.....SECOND HALF OF SOUTH 4TH AVE IS A STEEP HILL BEFORE YOUR TURN ONTO MATHIEU ST.)

REGISTRATION BY MAIL: MAKE CHECKS PAYABLE TO (SACRED HEART SCHOOL 1 MILE RACE) AND MAIL TO:

FURTHER INFO: GLENN COSTELLO PHONE (860) 886-2828
EMAIL: rungdc@aol.com

GLENN COSTELLO-SHS 1 MILE RACE
75 LAFAYETTE ST.
NORWICH, CT. 06360

=====TEAR OFF HERE AND RETURN LOWER PORTION=====

LAST NAME											FIRST NAME										SEX	AGE		PHONE #									

MAILING ADDRESS																				CITY/TOWN									
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ZIP CODE					STATE		EMAIL ADDRESS												
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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, SACRED HEART SCHOOL, TOWN OF TAFTVILLE, TAFTVILLE FIRE DEPARTMENT, 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 AND IMAGE OF MYSELF OR MY CHILD.

DATE _____ SIGNATURE (PARENTS SIGNATURE IF UNDER 18) _____

(T-SHIRT SIZE)

YM	YL	S	M	L	XL
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*CHECK BOX IF SACRED HEART STUDENT

PLEASE MAKE CHECK PAYABLE TO:
"SACRED HEART SCHOOL 1 MILE RACE"



(SCHOOL WEBSITE: WWW.SACREDHEARTTAFTVILLE.ORG)

DIRECTIONS TO SACRED HEART SCHOOL-TAFTVILLE, CT. :

***USING MAPQUEST OR GPS SYSTEM, THE MAILING ADDRESS IS:

15 HUNTERS AVE., TAFTVILLE, CT. 06380

RUN "AMOK" 2017 RACE SERIES



RACE AGE DIVISIONS:

TOTS: 0-9

ELEMENTARY: 10-14

JUNIOR: 15-18

OPEN: 19-29

SUB-MASTER: 30-39

MASTER: 40-49

GRAND-MASTER: 50-59

VETERAN: 60-69

SENIOR: 70+

- THIS IS THE FINAL RACE FOR THIS UNIQUE SERIES. YOU MUST HAVE RUN IN THE PREVIOUS TWO RACES...ST. JOSEPH SCHOOL "LICKETY SPLIT MILE" (MARCH 25) AND THE GREENVILLE CONG. CHURCH "GREENVILLE MILE" (JULY 22) TO BE ELIGIBLE FOR ANY AWARDS.
- THE TOP MALE/ FEMALE WITH THE LOWEST ACCUMULATED TIME FROM ALL THREE RACES WILL RECEIVE A VOUCHER FOR A PERSONALIZED APPARELL.
- ALL OTHER RUNNERS WHO COMPLETED ALL THREE(3) RACES WILL RECEIVE A FREE SPECIAL PARTICIPANT T-SHIRT.

PAST "DASH TO HEAVEN" WINNERS

2009 JACOB EDWARDS(4:36)/ LAUREN SCAHILL(6:21)

2010 ROB BUTTERMORE(5:26)/ LAUREN SCAHILL(6:24)

2011 TYLER SHOLES(6:02)/ CARMEN CARON(6:18)

2012 ROB BUTTERMORE(5:20)/STELLA BRITOS(7:09)

2013 JEFFREY OPILA(5:20)/ KATHERINE LORANGE(7:18)

2014 JASON CARLE(5:53)/ CARISSA TIFFANY(6:18)

2015 RAY GUILLET(6:15)/CATHERINE SHANNON(6:08)

2016 CURT RAMSEY(5:58)/ JACLYN SULLIVAN(5:38)

