ST. JOSEPH SCHOOL 31ST ANNUAL 3 MILE RACE, KIDS FUN RUN, & 10th "LICKETY SPLIT" MILE MARCH 30TH, 2024 (SAT.)



WHEN: SAT. MARCH 30, 2024 (6:30-8:30) REGISTRATION (8:30) LICKETY SPLIT MILE (9:00) KIDS ½ MILE FUN RUN (9:30) 3 MILE RACE WHERE: ST JOSEPH SCHOOL—10 SCHOOL HILL RD., BALTIC, CT. 06330 *CORNER OF SCHOOL HILL RD. AND RT. 207 WHY: ALL PROCEEDS WILL GO TOWARDS THE SCHOOLS PHYSICAL EDUCATION PROGRAM. TIMING OF RACE: SNERRO

ENTRY INFO: *3 MILE RACE/1 MILE RACE (\$28 – PRE-REGISTRATION/\$30 RACE DAY)......ITS A STRAIGHT FEE WHETHER YOU RUN ONE OR BOTH RACES!!!

*ST. JOSEPH SCHOOL STUDENTS-ANY RACE (\$15-PRE-REGISTRATION/\$18 RACE DAY) *KIDS FUN RUN ONLY (\$15-PRE-REGISTRATION/\$18 RACE DAY)

AWARDS + PRIZES *UNIQUE TROPHY AWARD CEREMONY TO TOP 3 PLACES IN 9 AGE CATEGORIES FOR 3 MILE RACE....YOU CHOOSE THE TROPHY YOU WANT!

* RIBBONS AWARDED FOR ONLY TOP RUNNERS IN 9 AGE CATEGORIES FOR ONE MILE RACE.

****Remember..... Free Tshirts guaranteed to all who pre-register by March 11 (Mon.) No Tshirts will be available on race day.

- * \$50 FOR COURSE RECORD AND INDIVIDUAL PRIZES FOR AGE CATEGORY COURSE RECORDS FOR THE 3 MILE RACE.
- * RAFFLE PRIZE DRAWING WILL OCCUR DURING REGISTRATION......BRING BIB# TO RAFFLE TABLE TO CHOOSE YOUR RAFFLE PRIZE!!!

*We encourage Pre-Registration from all to cut down on overall costs.

*No Refunds for failure to attend race-or from state ordered cancellation!!!

GLENN COSTELLO-SJS 3 MILE RACE 75 LAFAYETTE ST. NORWICH, CT. 06360

REGISTRATION ONLINE: raceentry.com

***OUR FAMOUS POST-RACE BUFFET IS BACK IN FULL FORCE-COME WITH AN APPETITE !!!!

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RACE ENTERED: 3 MILE RACE 3 1 MILE RACE 1 KIDS ½ MILE FUN RUN FR (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, (T-SHIRT SIZEFUN RUN) YS YM YL																																			
EXECUTORS, AND ADMINISTRATORS, AGAINST OFFICIALS, SPONSORS, VOLUNTEERS, SNERRO, ST.JOSEPH SCHOOL, 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 CIRCLE FOR OFFICE USE ONLY																																			
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.																																			
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DATE SIGNATURE (PARENTS SIGNATURE IF UNDER 18)													\	\	\		_	_	/	,															

THIS RACE IS PART OF THE MOHEGAN STRIDERS "GRAND PRIX" RACE SERIES

3 MILE AGE COURSE RECORDS

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	MALE	<u>FEMALE</u>
AGE 0-14	(2002) CHRIS CROFF {16:18}	(2014) BRIDGID SELFORS {17:52)
AGE 15-19	(2019) BRANDON MEHLINGER {15:33}	(2015) BRIDGID SELFORS {17:51}
AGE 20-29	(2002) CHAD JOHNSON {14:48}	(2002) KRISTEN RUFFO {18:36}
AGE 30-39	(2014) JEFF WADECKI {14:46}***	(2002) MELISSA PERKINS-BANAS {17:36}***
AGE 40-49	(2016) CHAD JOHNSON {15:28}	(2022) TRICKY TANKSLEY {18:34}
AGE 50-59	(1999) DENNIS CROWE {15:58}	(2009) MARY ANNE ROGERS {21:15}
AGE 60-69	(2007) DAVE JACOBS {18:44}	(2013) MARY SHARKEY {21:33)
AGE 70+	(2019) TIM SMITH {21:42}	(2022) MARY SHARKEY {24:11}

PAST 3 MILE WINNERS:

(1994) WAYNE JOLLEY/ KAREN GOYETTE (6K)
(1996) ED ZUBRITSKY/ MELISSA PERKINS
(1998) ED ZUBRITSKY/ MELISSA PERKINS
(2000) ED ZUBRITSKY/ CINDY LAFRANCE
(2002) CHAD JOHNSON/ MELISSA PERKINS-BANAS
(2004) KYLE FRIEDMAN/ EMILY PHILLIPS-CHAPMAN
(2006) LARZ SELMER-LARSEN/ EMILY KOMISKY GIETZ
(2008) JEFF WADECKI/ LAURIE SCHAEFFER
(2010) JEFF WADECKI/ KERRI RUFFO
(2012) JEFF WADECKI/ LINDA SPOONER
(2014) JEFF WADECKI/ BRIDGID SELFORS
(2016) CHAD JOHNSON/ JACLYN SULLIVAN
(2018) BRANDON MEHLINGER/ TRICKY TANKSLEY
(2020) NO RACE (CO-VID 19)
(2022) SAM JOHNSON/ TRICKY TANKSLEY

(2024) ?????????????

(1995) AQUINALDO RAMOS/ GALE BALAVENDER (6K)
(1997) ERIC WORONICK/ CANDICE JOHNSTON
(1999) MICHAEL RAFFERTY/ LYNNE HILL
(2001) TODD BENNETT/ MELISSA PERKINS-BANAS
(2003) CHAD JOHNSON/ STEPHANIE JOHNSON
(2005) KYLE FRIEDMAN/ MERIDITH FILTEAU
(2007) JEFF WADECKI/ MELISSA PERKINS-BANAS
(2009) JEFF WADECKI/ KERRI RUFFO
(2011) JEFF WADECKI/ JILL VOLLWEILER
(2013) JEFF WADECKI/ BRIDGID SELFORS
(2015) TODD BENNETT/ BRIDGID SELFORS
(2015) TODD BENNETT/ TRICKY TANKSLEY
(2019) BRANDON MEHLINGER/ ELIANA DUCLOS
(2021) RICHARD FERNANDES/ ALEISHA BOZIN
(2023) SAM JOHNSON/ LINDA SPOONER



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.



We celebrated our 30th anniversary last year by inviting back the 1st two winners of our race......

Gui Ramos(left) and Wayne Jolley when it was a 6k distance.