

ANNUAL WATERFORD WEEK ROAD RACE
SPONSORED BY THE WATERFORD LIONS CLUB
SUNDAY, AUGUST 16th, 2009
5-MILE RACE - 8:30 A.M.
CHILDRENS' RACE (APPROX 3/4 MILE) - 8:10 A.M

START/FINISH: WATERFORD BEACH PARK. (NOTE: COURSE LOCATION)

EIGHTEEN DIVISIONS.

PRIZES AWARDED: THE FIRST THREE FINISHERS IN EACH DIVISION.

TIMING AND OFFICIATING PROVIDED BY SNERRO, LLC

T-SHIRTS TO THE FIRST 100 ENTRIES

WATER STOPS - RESTROOMS -LIGHT REFRESHMENTS

ENTRY FEE: \$10.00 * MAIL ENTRIES TO:

WATERFORD LIONS CLUB, P.O. BOX 118, WATERFORD, CT. 06385

THE ANNUAL WATERFORD WEEK ROAD RACE BEGINS AND ENDS AT WATERFORD BEACH PARK. THE COURSE STARTS AT WATERFORD BEACH, GOES LEFT ONTO GREAT NECK ROAD, THEN LEFT ONTO SHORE ROAD, LEFT ONTO NEW SHORE ROAD, RIGHT ONTO NICHOLS LANE, RIGHT ONTO SHORE ROAD, LEFT ONTO QUARRY ROAD, THEN RIGHT ONTO GREAT NECK ROAD AND BACK INTO WATERFORD BEACH PARK. IT IS A 5-MILE COURSE.

DIRECTIONS TO THE RACE: FROM NEW HAVEN: NORTH ON I-95, TAKE EXIT 75 ONTO ROUTE 1 INTO WATERFORD; FOLLOW ROUTE 1 TO THE FOURTH (4TH) SIGNAL LIGHT AND TAKE RIGHT ONTO AVERY LANE. AT END OF AVERY LANE, CROSS INTERSECTION ONTO ROUTE 213. TAKE ROUTE 213 PAST HARKNESS STATE PARK AND PAST CAMP HARKNESS. GO TO 2ND STOP SIGN, TURN RIGHT FOR ENTRANCE INTO WATERFORD BEACH PARK, 317 GREAT NECK ROAD.

FROM NORWICH: ROUTE 395 SOUTH. EXIT 77 OFF OF 395 TO ROUTE 85. TAKE LEFT AT END OF RAMP ONTO ROUTE 85. AT SECOND SIGNAL LIGHT, TAKE RIGHT ONTO CROSS ROAD. AT FOURTH SIGNAL LIGHT, TAKE LEFT ONTO BOSTON POST ROAD (ROUTE 1). GO TO THE NEXT LIGHT. TAKE RIGHT ONTO AVERY LANE. PROCEED AS MENTIONED IN ABOVE DIRECTIONS.

REGISTRATION FORM

SHIRT SIZE: CIRCLE ONE: S M L XL **AGE** _____ **SEX** _____ **PHONE** _____

NAME _____ **ADDRESS** _____

CITY _____ **STATE/ZIP CODE** _____

5-MILE RACE RUNNERS MAY COMPETE IN ONE DIVISION ONLY AND WILL BE ELIGIBLE FOR PRIZES
IN THE DIVISIONS BELOW:

MEN & WOMEN: UNDER 12, 13-17, 18-35, 35-39, 40-49, 50-59, 60-69, OVER 69

CHILDREN'S RACE FINISHERS RECEIVE RIBBONS

WAIVER (MUST BE SIGNED)

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY: I, INTENDING TO BE LEGALLY BOUND, HEREBY FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS OF DAMAGES I MAY HAVE AGAINST THE TOWN OF WATERFORD, WATERFORD LIONS CLUB, FOR ANY AND ALL INJURIES SUFFERED BY ME AT SAID MEET OR EVENT.

SIGNATURE _____

(UNDER 18, GUARDIAN MUST SIGN)