



Solstice Sprint 5K



Wednesday 6.17.2009 @ 6:30 p.m.

(Yes, it's a weeknight, but its also one of the longest days of the year so there'll be plenty of light to run, walk or crawl the 5K course)

MDC Reservoir, 1420 Farmington Ave., West Hartford, Connecticut
Registration from 5 p.m. – 6:25 p.m.



Proceeds Benefit Hartford's Camp Courant – www.campcourant.com

Come celebrate the beginning of summer with the scenic, USATF certified (CT93013DR) 5K-loop course through the MDC Reservoir.

Computerized Results and Electronic Timing.

Unique Hand Painted Pottery Overall and Age Group Awards three deep in the following categories: 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, Athena (women 150lbs +) and Clydesdale (men 200lbs+)

**Tons of Great Food and Drinks, Full Color T-Shirt Guaranteed for all Runners
Registered Before June 10**

Official 2009 Solstice Sprint 5K Race Entry Form

Individual Runner
\$18 pre-registered - \$20 after 6/10

HTC Member
\$16 pre-registered - \$20 after 6/10

Name: _____ M ___ F ___ Race Day Age: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Athena/Clyde: Yes / No T-Shirt Size: S M L XL

In consideration of the acceptance of my entry, I, I for my executors, my administrators, assignees and myself, do hereby release and discharge the Hartford Track Club, any sponsors, their agents, employees and assigns from any and all claims arising out of my participation in the Solstice Sprint 5K. I attest and verify that I have full knowledge of the risks involved in running a 5K event and that I am physically fit and sufficiently trained to participate.

Signature: _____ Date: _____

Parent Signature if Under 18

Please Mail Completed Forms to:

Paul Wai, 24 Park Place Apt 7C, Hartford CT 06106

Make Checks Payable to "Hartford Track Club"

Register on-line at active.com

