

Age Before Beauty 5K Cross-Country

Race #2 on the USATF/CT XC Grand Prix

Sunday, November 15, 2009

9:30 AM



www.GREYSTONERACING.net[®]

Where: The White Memorial Foundation & Conservation Center in Litchfield, Connecticut. Site of the JO's.

Facilities: All parking will be in the Sawmill Field. Follow signs & Marshalls. No parking on roads or trails. No Exceptions! The 5K course has a hill at 1.5 mile mark with an elevation rise of 134'. Then it drops 134' in elevation! There are plenty of leaves, roots, rocks, mud, and possibly snow. There are several outhouses. 100% Cross-Country!!!

For info: contact, www.greystoneracing.net

Awards:(must be present to win)

Awards to the top 3 male and female overall and to the top male and female finishers in these divisions (no duplicates):

Open (1-29)	Submaster (30-39)	Master (40-49)
Grandmaster (50-59)	Senior (60-69)	Exalted (70 and up)

Course Records: Open Male: 15:35 by Bart Wasiolek in 2007 Open Female: 18:36 by Madeleine Marecki in 2007
Master Male: 15:42 by Oscar Barreto in 2007 Master Female: 20:14 by Cheryl Cunningham in 2006

Entry Fees (non-refundable): \$8.00 on or before November 10, 2009. \$10.00 for everyone after November 10.

Directions: From the West: Route 202 thru New Milford and Bantam. "WMF" entrance on right, 1 mile from Bantam Center. From the East: I84 to Waterbury. Route 8 North to Exit 42. Left on Rt. 118 to Litchfield. Route 202 west thru Litchfield. "WMF" entrance 2 miles from Litchfield Center on Left. Follow signs to parking. From the South: Route 8 North to exit 42; follow East directions.

Please PRINT (CLEARLY!): Please enter me in the 2009 Age Before Beauty Cross-Country 5K

Name: _____ Date of Birth: _____ Age (on 11/15/09) _____ Sex: M F

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

Phone No. _____ Email: _____ USATF Team/Club: _____

In consideration of this entry being accepted. I do for myself, or any person or concern who may, on my behalf, hereby hold harmless and release Greystone Electronics LLC., the Town of Litchfield, the Litchfield Track Club, the White Memorial Foundation, the State of Connecticut, all sponsors, volunteers, and race officials from any and all claims for personal injury, damages arising out of, or connected with, my participation in this event. I also understand that the course is off-road with roots, rocks, mud, vegetation, and animals, as well as other risks, including, but not limited to, falls, contact with other participants, the effects of weather, and the conditions of the course. I am physically fit and I assume responsibility for my own safety.

Signature: _____ Date: _____ Amount enclosed: _____

(Of parent or legal guardian if under 18)

Make Checks payable To: **Greystone Electronics**

119 Harmony Hill Rd
Harwinton, CT 06791

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