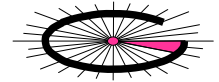




FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2012 NORTHWEST CT GRAND PRIX RACE SERIES



www.GREYSTONERACING.net



**HIGHLAND LAKE 10K -  
SATURDAY, OCTOBER 6 AT 9 AM  
10k run/walk & 2 mile walk option - kids 1 mile run**

**Where:** Located at the Boat Launch on pristine Highland Lake, Winsted, CT  
Rolling 6.21 mile course on country roads with spectacular foliage. USATF Certified (CT9011DR)



**SUNNY BROOK CROSS COUNTRY -  
SUNDAY, NOVEMBER 4 AT 11 AM  
5k run/walk & 2 mile walk option - kids 1 mile run**

**Where:** Located at Sunny Brook State Park on Newfield Rd. in Torrington, CT  
Fairly flat, 2-loop course over grass & trails with 2 climbs up a moderate hill.

All proceeds benefit the YMCA Strong Kids Campaign-  
which provides financial assistance to individuals and families who cannot afford membership & program fees.

**Facilities:** Restrooms, Mile marks, water station(s), digital timing, and computer results by Greystone Electronics.  
For info: [www.greystoneracing.net](http://www.greystoneracing.net)

**T-Shirts to the Pre-Registrations received 10 days in advance** - Race Awards: (must be present to win)  
Awards to top 3 male and female overall and to the top male and female finishers in these divisions (no duplicates)

Youth (7-12)	Teen (13-18)	Open (19-29)	Submaster (30-39)
Master (40-49)	Grandmaster (50-59)	Senior (60-69)	Exalted (70 & Up)

	<b>REGISTRATION</b>	<input type="checkbox"/>	Canaan Road Race/ Walk- July 17
	Please PRINT (CLEARLY):	<input type="checkbox"/>	Highland Lake Run/ Walk- October 1
	Or Register at <a href="http://northwestctymca.org">northwestctymca.org</a>	<input type="checkbox"/>	Sunny Brook Run/Walk- November 6

Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age \_\_\_ Sex: M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone No. \_\_\_\_\_ email \_\_\_\_\_

Check one: Race  Walk  Kids  Entry Fees per Event: \$20: 10 Days before, \$25 after deadline.

USATF Team: \_\_\_\_\_ T-Shirt Size: YM YL S M L XL

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 Northwest CT YMCA, the Towns of Torrington, Winchester and North Canaan, 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 open to vehicular traffic during the run/ walk (Sunny Brook 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: \_\_\_\_\_ Total Amount enclosed: \_\_\_\_\_

(Of parent or legal guardian if under 18) Non-Refundable

• Make Checks payable To: YMCA, 259 Prospect Street, Torrington, CT 06790