



# Northwest CT YMCA

## 2015 Grand Prix Race Series

PRESENTED BY  **CENTER  
SUBARU**  
Still The One!



### CANAAN RAILROAD DAYS RUN – SUNDAY, JULY 19 AT 9 AM

#### 5 Mile Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

Located in North Canaan. Start & Finish: Lawrence Pavilion, Rt. 44 (Across from McDonald's)  
Relatively flat course with one fairly challenging hill.



### WA WA SPLASH & DASH DUATHLON – SUNDAY, AUGUST 23 AT 10AM

#### 400 Yard Swim and 5K

Located at YMCA Camp Wa Wa Segowea in Southfield, Mass. This brand new event will take participants on a 400yd swim across beautiful Harmon Pond at YMCA Camp Wa Wa Segowea, followed by a 5K run through the 500 acres of forest that encircle the pond.



### HIGHLAND LAKE RUN – SATURDAY, OCTOBER 3 AT 9 AM

#### 10K Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

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 TRAIL RUN – SUNDAY, NOVEMBER 1 AT 11 AM

#### 5K Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

**In Memory of John Ponte**

Race #1 on the USATF/CT XC Grand Prix. USATF Certified (CT9011DR).  
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 fairly challenging hill.



### RUN FOR YOUR LIFE ZOMBIE RUN – DATE & LOCATION TBA

#### 5K run to avoid the walking dead!

**Humans:** Run for your life! You will receive three lives (flags). Make your way to the finish line without letting the Zombies or Jumpers capture your flags. Humans are timed.

**Zombies:** Capture as many human flags as possible and cross the finish line. Zombies are timed.

**Jumpers:** Jumpers will be scattered throughout the course to scare and capture the human flags.

All proceeds benefit the YMCA Charitable services which provides financial assistance to individuals and families who cannot afford membership & program fees.

**T-Shirts to all Pre-Registrations received 10 days in advance.**

**Facilities:** Door Prizes, Mile marks, Water Station(s), Digital Timing & Computer Results.  
Awards to top 3 male & female overall and to the top male & female finishers in 8 different age divisions.

Must be present to win, no duplicates.

# Northwest CT YMCA

## 2015 Grand Prix Race Registration Form

REGISTRATION ALSO AVAILABLE ONLINE AT NWCTY.ORG

### PLEASE CHECK OFF THE RACE(S) YOU ARE REGISTERING FOR:

- Canaan Railroad Days Run/Walk-July 19 at 9:00 am       Highland Lake Run/ Walk-October 3 at 9:00 am  
 Wa Wa Splash & Dash Duathlon-August 23 at 10:00 am       Sunny Brook Run/Walk-November 1 at 11:00 am  
 Run For Your Life Zombie Run- Date TBA

CHECK OFF ONE: Race\_\_\_ Walk\_\_\_ Kids\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age \_\_\_ Sex: M F  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_  
 Phone No. \_\_\_\_\_ Email \_\_\_\_\_  
 USATF Team: \_\_\_\_\_

### ENTRY FEES

#### Wa Wa Splash & Dash Duathlon

\$30/Person BEFORE June 1  
 \$35/Person June 1 - August 13  
 \$40/Person AFTER Sept. 3

#### Run For Your Life Zombie Run

Human = \$20/Person  
 Zombie = \$25/Person  
 Jumper= \$30/Person

#### Canaan Railroad Days Run/Walk

\$20/Person ON/BEFORE July 9  
 \$25/Person AFTER July 9

#### Highland Lake Run/Walk

\$20/Person ON/BEFORE September 23  
 \$25/Person AFTER September 23

#### Sunny Brook Run/Walk

\$20/Person ON/BEFORE October 22  
 \$25/Person AFTER October 22

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

**\*In order to receive a race t-shirt you must register ten days before the race.**

Race t-shirt cut off dates are as follows:

**Canaan Railroad Days Run • July 9**      **Sunny Brook • Oct. 22**  
**Wa Wa Splash & Dash • August 13**      **Highland Lake Run • Sept. 23**      **Zombie Run • Date TBA**

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., Fast Track Timing LLC., The Northwest CT YMCA, the Towns of Torrington, Winchester, North Canaan, Southfield, Smith Park, the State of Connecticut, the State of Massachusetts, 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.

PROMOTIONAL PHOTO: I agree to allow the Northwestern Connecticut YMCA to use my photo or video for promotional purposes.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Total Amount enclosed: \_\_\_\_\_  
 (Of parent or legal guardian if under 18) Non-Refundable

Make Checks Payable To: NORTHWEST CT YMCA, 259 Prospect Street, Torrington, CT 06790