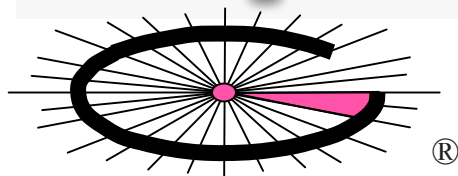




Sunny Brook 5k Cross-Country



Greystone Electronics LLC

& 5K Walk (optional 2-Mile walk) starts at 10:30 AM.

In Memory of John Ponte

Race #1 on the USATF/CT XC Grand Prix

Sunday, November 1, 2009 at 11:00 AM

All proceeds benefit the YMCA Strong Kids Campaign

Where: Parking is at the gate with the DEP Notice Board. Registration is located at Sunny Brook State Park on Newfield Rd in Torrington, CT.

Facilities: Mile marks, a water station, digital timing, and computer results by Greystone Electronics. This is a fairly flat, 2 loop course, over grass and trails, with 2 climbs up a moderate hill.

For info: www.greystoneracing.net

5K XC Awards: (must be present to win)

Long Sleeve T-Shirts to the first 100 Registrations

Awards to the 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 and up)

Course Records:

Open Male: 16:57 by Stephen E. Herrera in 2002

Open Female: 20:12 by Kate Lapinski in 2004

Directions: Located in the northwest corner of Connecticut; take route 8 north to exit 44 (Torrington). Take route 4 west to North Main Street. At the Police Station, take a right onto N. Main and proceed for about 1 mile. The road bends right at a Light just after a gas station on the left. Take the left at the light onto Newfield Road. The state park is about 3 miles up Newfield Rd past the dam on the left hand side.

Please PRINT (CLEARLY!):

Please enter me in the 2009 Sunny Brook 5K Cross-Country Race

Name: _____ Date of Birth: _____ Age (on 11/1/09) _____ Sex: M F

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

Check one: Race Walk Entry Fees (non-refundable): \$15.00 before 10/24/09, \$20.00 after 10/24/09.

Phone No. _____ USATF Team: _____ T-Shirt Size: 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 Town of Torrington, 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: YMCA, 259 Prospect Street, Torrington, CT 06790

Rev.cWG09