



Canaan 5 Mile Road Race

& 5 Mile Walk (optional 2-Mile walk)

Sunday, July 18, 2010 at 10:00 AM

Walk starts at 9:00 AM

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

Where: Northwest corner of Connecticut. Take Route 44 to Center of North Canaan.

Facilities: Course starts and ends at Lawrence Pavilion. Mile markers, two water stations, digital timing, and computer results.

For info: www.greystoneracing.net

5 Mile Awards: (must be present to win)

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)

Directions: Located in the northwest corner of Connecticut; take route 44 to center of North Canaan. The start and finish are at the Lawrence Pavilion on Route 44 (across from McDonalds.)

Please PRINT (CLEARLY!):

Please enter me in the 2010 Canaan 5 Mile Road Race & 5 Mile/ 2 Mile Walk

Name: _____ Date of Birth: _____ Age (on 7/18/2010) _____ Sex: M F

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

Check one: Race Walk Entry Fees (non-refundable): \$15.00 before 7/12/10, \$20.00 after 7/11/10.

Phone No. _____ email: _____ 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 The Northwestern Connecticut YMCA, Greystone Electronics LLC., Railroad Days, the Town of 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 race, 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, 77 S. Canaan Road, Canaan, CT 06018

For more information: 860-824-2790