

Watertown

John Trumbull Trot 5K Road Race

Saturday, May 30, 2009

SPONSORS! Sponsors are needed, please consider making a donation!! Sponsorships of \$100 or more will be recognized at the Harvest Ramble Run! Sponsorships must be received by May 22, 2009 to be advertised. Make payable to Watertown Recreation Department.

Location: Start/Finish location at Veterans' Memorial Park, Novia Scotia Hill Rd, Wtn, CT
Course: 5 K of scenic route, relatively flat, with a few rolling hills. Course map will be provided at registration confirmation and day of the race.

Information: Contact Watertown Recreation @ 860-945-5246; Fax 860-945-4734. Pavilion and portable toilets. Also professional digital timing and computer results by Hitek Racing.
 Kids' Fun Race—10:00 am Road Race—10:30 am

Entry Fee: Pre-Registration—\$15; must be received by Thursday, May 29, 2009
 Race Day Registration—\$20
 Students through high school—\$10 all the time
 Walkers—\$5

Kids Fun Run (10 yrs old and under) —\$3
 Registrations the day of the event begin at 8:30 am at the park
Shirts: Shirts to the first 100 runners registered and on the day if available
Awards: Watertown Resident (male/female), 1st, 2nd, & 3rd male/female for 12 & under, 13-20, 20-30, 30-40, 40-50, 50-60, over 60.

Benefit: Profits from this year's race will benefit a Watertown charity and recreational capital projects.



WAIVER: In consideration of acceptance of this entry, I the undersigned intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against, the race director and officials, the Harvest Ramble Run, the Town of Watertown, their representatives, any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, extreme cold or wind, rain, traffic and the condition of the road. All such risks being known and appreciated by me, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes without compensation or remuneration. I know that bicycles, in-line skates and skateboards are not allowed on the course.

From Hartford: Take I84 W to Exit 20 and merge right onto Rte 8 North. Take Exit 37 and turn left at end of ramp onto Frost Bridge Rd (CT-262). Go 1.6 miles, the turn right onto Buckingham Street (CT-262) for 1.0 mile. Turn right onto Novia Scotia Hill Rd. Go 0.4 miles and turn right into the park. Registration is in pavilion on left.

Send completed entry form with check or money order payable to:
John Trumbull Trot Road Race

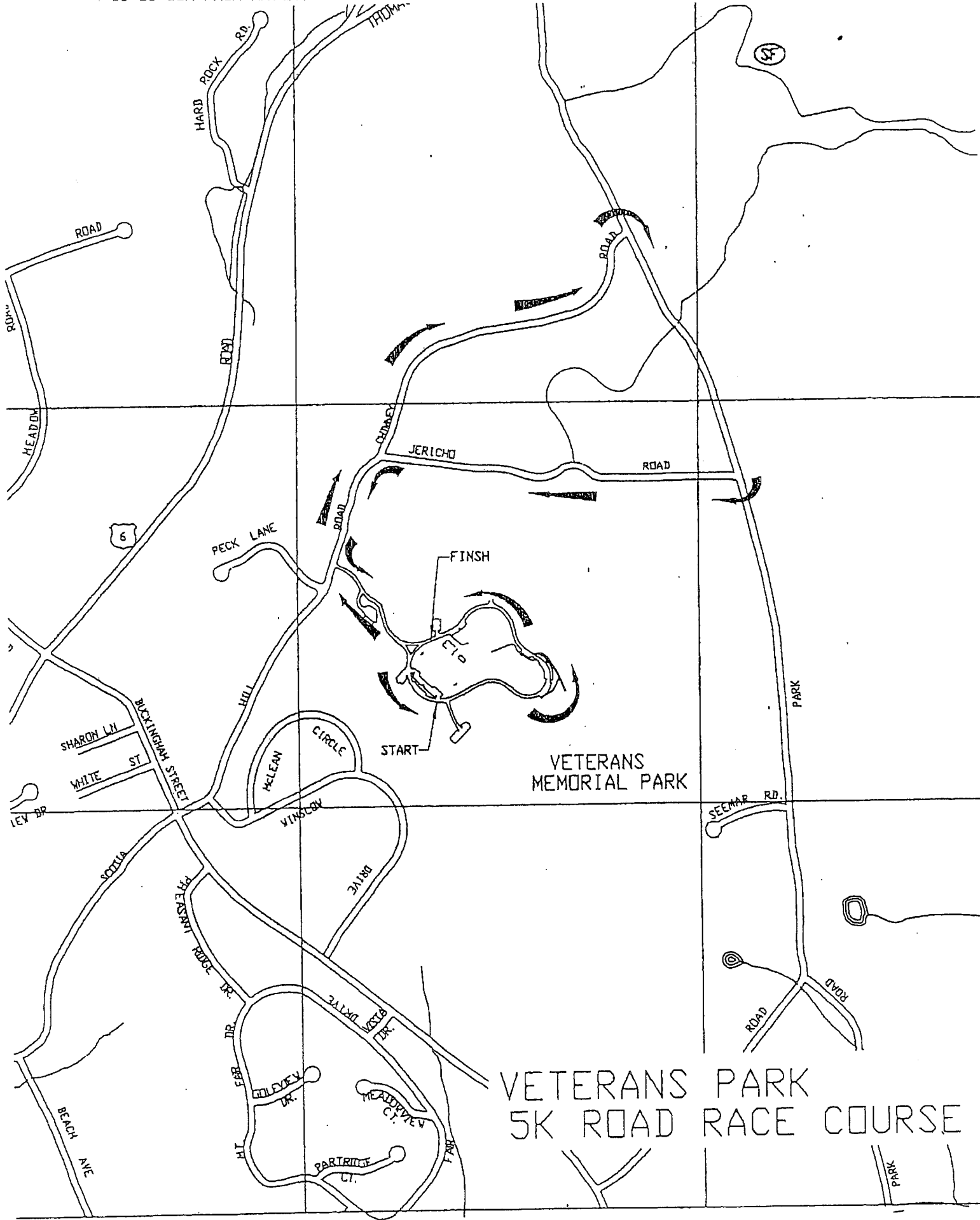
Send to:
Watertown Recreation Department
 51 Depot Street, Suite 108,
 Watertown, CT 06795

From Torrington: Take Rte 8 South to Exit 38 (US-6) exit toward Watertown, go approximately 3.3 miles on Route 6, then turn left onto Buckingham Street (CT-262). Go 0.3 miles then turn left at blinking light onto Novia Scotia Hill Rd. Go 0.4 miles and turn right into the park. Registration is in pavilion on left.

CUT HERE and return bottom portion ONLY

Name: _____ **Pre-registration Adult:** \$15 _____
Street: _____ **Day of Race: Adult:** \$20 _____
City, State, Zip: _____ **Student:** \$10 _____
Phone: _____ **Walker:** \$5 _____
Please Circle: Male/ Female **Age:** _____ **Kid's:** \$3 _____
Signature: _____ **Dated:** _____
 (Parent/Guardian if under 18 years of age)

Please Circle: **Shirt Size:** Adult Medium Adult Large Adult X-Large



VETERANS
MEMORIAL PARK

VETERANS PARK
5K ROAD RACE COURSE

