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Hot COCO 5K
615 West Johnson Ave
Cheshire, CT 06410

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PERMIT # 100

Hot COCO 5K

and Family Fun Run

(formerly Cheshire Canal Canter)



Saturday, November 21
Cheshire's Norton School
10:00 a.m.

To Benefit
COCO

— Walkers Welcome —

SCHEDULE:

November 16 Last day to mail entries
November 18 Last Day to register online at www.cocoofcheshire.com
November 21 Norton School
8:30 a.m. Registration begins
10:00 a.m. 5K Starts
10:00 – 11:15 a.m. Post race celebration, entertainment, and awards
10:45 p.m. Family Fun Run

Bring your friends and family to run in the 5K and Family Fun Run (formerly the Cheshire Canal Canter). Race proceeds benefit COCO- Cheshire Occupational and Career Opportunities.

Post Race Party & Entertainment

After the race, unwind and enjoy a post race celebration with food, beverages, children's activities and much more. Enjoy live music, courtesy of the band-Guy Malone. Also, enjoy some delicious hot cocoa provided by Main Street Caffe. From 9:30-11:30 a.m. kids of all ages will enjoy the magic, juggling and balloon artistry of Brian Walendziak.

Race Courses

Certified 5K (3.1 miles) rolling course, part on the paved Linear Trail. Starts and finishes at Norton School. Family ½ Mile Fun Run – same start/finish as 5K flat course runs around athletic fields behind Norton School.

Race T-shirts

Given to all pre-registered runners and the first 100 raceday entrants.

Information

(203) 481-5933 or www.cocoofcheshire.com

Awards

Given to top three finishers in the following age groups (M & F): 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+. Prize money will be given to the top 3 overall male and female finishers (\$100, \$50, \$25) and top masters (over 40) male and female finishers (\$50).

Ribbons to all the Family Fun Run Finishers!!

Event Coordinator

JB Sports LLC annually coordinates over 20 running and walking events in the Northeast. The Stratton Faxon New Haven Road Race and Race for the Cure are just a couple of the events they coordinate.

Directions

From Route 10 Cheshire Heading North Drive 0.4 miles from the first light in Cheshire at the five-way intersection of Rte 10 (South Main St.), Cook Hill Rd., South Brooksvale Rd., and Harrison. Turn left onto King Rd. At the stop sign, turn left onto North Brooksvale Rd. The school is ½ mile on your left.

From Route 10 Cheshire Heading South Drive past the Cheshire High School approximately 1 mile to stop light at the intersections of North Brooksvale Rd. (Rte 42). Turn right. Norton School is approximately 1 mile on your right.

From Route 63 Bethany

Heading North - turn right onto Cheshire Rd., Rte 42. Heading South - turn left onto Cheshire Rd., Rte 42. Follow Rte 42 down Cheshire Rd., to Bethany Mountain Rd. until you reach at T- intersection. At this stop sign turn left onto North Brooksvale Rd. The school is approximately 1 mile on your right.



COCO's Mission

Our mission is to provide opportunities in the community through employment and social experience for people with developmental disabilities.

About COCO

We currently provide day program opportunities to over 60 adults with developmental disabilities and provide contracted works crews to approximately 50 local businesses. We encourage our clients to be as active in the community as possible.

Race Application (can be copied)

(save postage register online at www.cocoofcheshire.com)

Check if: You qualify for a complimentary entry for raising \$100 or more for Cheshire Occupation & Career Opportunities, Inc. Make check payable to COCO, Inc. and mail with entry form.

Check event: 5K Family Fun Run

First Name _____

Last Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

E-mail address _____

Date of Birth _____

Age on Raceday _____

	Before 11/1	11/1-11/15	Raceday
5K	\$20	\$22	\$25
Fun Run	\$8	\$9	\$10

Make Checks Payable to: COCO Inc.,
2 Buena Vista Rd., Branford, CT 06405

Waiver: I know that participating in a road race is a potentially hazardous activity. I will not enter and participate unless I am medically able and properly trained. I assume all risks from participating in this event and its related activities, including but not limited to, falls, contact with other participants, effects of the weather, including high heat and humidity; traffic and the other conditions of the road; all such risks being known and appreciated by me. Having read this waiver and release and knowing these facts and in consideration of your accepting my entry fee and participation, I, for myself and anyone entitled to act on my behalf waive and release the Cheshire Occupational and Career Opportunities Inc., City of Cheshire, JB Sports LLC, U.S.A. Track and Field, race officials, volunteers and all other sponsors and their respected affiliates, subsidiaries, principals, directors, agents, officers, employees or contractors of and from all claims, liabilities or cause of action of any kind arising out of my participation in this event or its related activities which I or my successors, assigns or heirs may ever have now or in the future against any of them. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any lawful purpose. I know that dogs, bicycles, in-line skates, MP3 players and baby strollers are not allowed on the course.

Signature (Parent's Signature if under 18)

Date