

sound*RUNNER*, Stony Creek Fire Rescue Company #5 and JB Sports are bringing this event back!

Benefits Stony Creek Fire Rescue Co. #5

SCHEDULE

Thursday, October 1st

Last day to register online at jbsports.com

Friday, October 2nd - 10 am – 6 pm Packet pickup and registration at Branford's sound*RUNNER*–1088 Main St.

Saturday, October 3th

7 – 9 am: Packet pickup & late registration.

9:00 am: 4 mile Run/Walk start.

10:00 am: Kids Fun Run start.

9:30 am – noon: Post race party.

10:05 am: 4 mile awards.

REGISTRATION

Register online at jbsports.com or mail in the form on the right. Participants can drop off entry forms at soundRunner (Madison or Branford). Raceday entry is available at a higher fee.

KIDS FUN RUN

Non-competitive ½ mile run for kids age 12 and under. Ribbons are given to all finishers.

4 MILE COURSE

Picturesque race course runs through the village of Stony Creek with views of scenic beaches, the Thimble Islands, historic homes, salt marshes and a waterfall. Course map located on jbsports.com.

POST RACE CELEBRATION

Stay and enjoy our post race celebration. Featuring refreshments and entertainment.

Tech T-SHIRTS to 1st 300 4 Mile entrants

Tech t-shirts given to the 1st 300 entrants in the 4 mile race. Cotton shirts given to Kids Fun Run entrants and the first 100 raceday entrants.

AID STATIONS

Two aid stations on the 4 mile course.

AWARDS – 4 Mile race only

Awards given to top three 4 mile race finishers in each age category. Age categories are Male and Female 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+.

RACE DIRECTOR

JB Sports coordinates this event and many of CT's top foot races including the Stratton Faxon New Haven Road Race and the Branford Road Race.

PARKING IS LIMITED

Participants encouraged to car pool.

jbsports.com (203) 481-5933

DIRECTIONS

From New Haven

Take 95N to exit 56. Right off exit onto Leetes Island Rd. Follow Leetes Island Rd. for 1.8 miles. Left onto School St. Fire house on right.

From Hartford

91S to 95N. Follow directions from New Haven above.

From New London

95S to exit 56. Left off exit. Left at light onto Leetes Island Rd. Follow straight for 2.1 miles. Left onto School St. Fire house on right.

RACE ENTRY FORM (can be duplicated)

	Pre-Race	Race day
___ 4 Mile Run/Walk	\$23	\$25
___ Kids Fun Run	\$8	\$10

Make checks payable to: Stony Creek Road Race, 2 Buena Vista Rd., Branford, CT 06405

___ Waived entry fee if enclosing check(s) for \$100 or more to Stony Creek Fire Rescue Company #5, 2 Buena Vista Rd., Branford, CT 06405

Last Name _____

First Name _____

Male _____ Female _____

DOB _____ Age on race day _____

Address _____

City _____

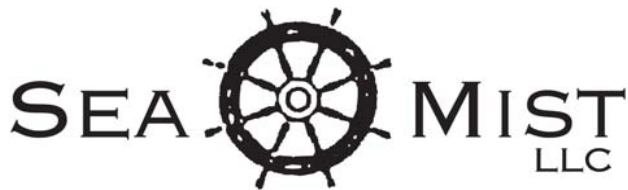
State _____ Zip _____

Phone _____

Email _____

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risk of running in traffic. I agree to abide by any decision of any race official as to my ability to safely complete the run. I also assume any and all other risks associated with running this event, including but not limited to, falls, contact with other participants, effects of the weather, including high temperatures and/or humidity, extreme cold conditions, thunder and lightning, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf waive and release the Town of Branford, Stony Creek Association, soundRunner, Stony Creek Fire Rescue Company #5, JB Sports, LLC, John Bysiewicz, race officials, volunteers, and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I know that dogs, bicycles, in-line skates, MP3 Players, and baby joggers are not allowed on the course. Application for minors under 18 will be accepted only with a parent's signature.

Athlete's Signature (Parent's signature if under 18)



Centerbrook Architects and Planners
Fidelity Mortgage Services, Inc.
Stony Creek Chiropractic, LLC
Stony Creek Market

SOUND RUNNER STONY CREEK



ROAD RACE

Limited to 400 entrants!

Tech t-shirts to 1st 300 4-mile entrants!

4 Mile Run & Kids Fun Run

**Benefits the Stony Creek
Fire Rescue Company #5**

**Stony Creek Fire Station
October 3rd, 2009
9:00 a.m.**

