

REGISTRATION FORM

**WASHINGTON TRAIL**

**10K Road Race and 4k Road Race**

**Monday, May 25, 2009**

**Durham, CT**

**11:00 A.M. Start**

**COURSE DESCRIPTION:** Both race courses travel along scenic country roads of historic Durham, Connecticut. It includes flats and rambling hilly roads and touches on the actual Washington Trail.



**Hosted by the  
Durham/Middlefield  
Exchange Club  
www.dmexchangeclub.com**

**RACE FEATURES**

- TAC/USA Certified
- CT/TAC Sanctioned
- Automobile-free course
- Champion Chip Timing
- Digital clock, chronomix finish line
- Split Times
- Water Stations
- EMTs and ambulance on-site
- Locker rooms and shower facilities
- Fresh fruit and drink pre and post race
- T-shirts to first 300 registrants

**2008 WINNING TIMES 10K**

10k men Chris Schluten, Middlefield, 35:51  
10k Women Stephanie Coburn, Sunnyside, NY 44:26

**WINNING TIMES 4K**

4k Men David Bernhardson, Middletown, CT 14:09  
4K Women Emily Halligan, Middlefield, CT 16:56

**CERTIFIED COURSE RECORDS 10K**

Men: Larry Matthews 29:35:70  
(1993)

Women: Kerry Arsenault 36:34:00  
(2004)

**RACE COURSE:**

10K

West on Pickett Lane, North (right) on Main Street, East (right) on Haddam Quarter Road, South (right) on Brick Lane, East (left) on Maiden Lane, East (right) on Haddam Quarter Road, West (right) on Johnson Lane, slight left on Maiden Lane, left on Pickett Lane to finish.

Race registration, start and finish will be at Coginchaug Regional High School Complex on Pickett Lane.

4K

West on Pickett Lane, North (right) on Main Street, East (right) on Haddam Quarter Road, South (right) on Brick Lane, East (left) on Maiden Lane, right on Pickett Lane to finish.

**DIRECTIONS TO DURHAM:**

**From New Haven:** I91 North to Exit 15 - Durham, Rte 68. Turn right onto Route 68 East. Follow to traffic light at intersection of Route 17 (Main Street). Left on Route 17 North. Take first right onto Maiden Lane. Take next right onto Pickett Lane. High School is second driveway on the left.

**From Hartford:** I91 South to Exit 15 - Durham, Route 68. Turn left onto Route 68 East. Follow directions above.

**From Waterbury:** I691 East to I91 South to Exit 15- Durham, Route 68. Turn left onto Route 68 East. Follow directions above.

Chip timing will be in use so please plan enough time to register.

Pre-registration saves time. Register now!

**PLEASE NOTE:** The road race will commence directly following the Annual Memorial Day Parade. As a result, traffic to the Coginchaug Regional High School Complex could be delayed. A 9:00 AM arrival time is advised. Signs and race traffic personnel will help direct you to the registration area.

Proceeds benefit programs for the prevention of child abuse, Washington Trail 10K Road Race Scholarship Fund for eligible high school seniors and community projects.

PRE-REGISTRATION IS APPRECIATED!

PRE-REGISTRATION FORMS MUST BE RECEIVED NO LATER THAN MONDAY, MAY 19

CHECK OUR WEBSITE FOR INFO AND ADDITIONAL REGISTRATION FORMS—WWW.DMEXCHANGECLUB.COM

**Mail all forms and correspondence to:**

Washington Trail Road Race

Attn: Jim McCandless

P.O. Box 713

Durham, CT 06422

**Make checks payable to: Durham/ Middlefield Exchange**

**Please print clearly**

Last Name		First Name	
Age (on race day)	Sex (circle) F            M	Telephone (include area code)	
Mailing Address			
City		State	Zip Code
TAC/USA Number (optional)		T-Shirt Size (circle) S                    M                    L                    XL	

**WAIVER (must be signed by runner or parent/guardian)**

In consideration of the right to participate in the Annual Washington Trail 10K Road Race, I do hereby, for myself, my heirs, and executors, waiver and release forever and discharge any and all claims for damages which I may hereafter accrue to me against the TAC of the United States, the Connecticut District TAC, the Washington Trail 10K Road Race Committee, the Durham/Middlefield Exchange Club, the Town of Durham and its Commissions, or their officers or agents or assignees. I further certify that I am in satisfactory physical condition and have made ample preparations for the running of 10,000 meters, or have had a recent physical examination by a certified medical doctor.

Date	
Signature	
10K Pre-registration	\$15.00
4K Pre-Registration	\$12.00
Kids Fun Run, before race (Short fun run for kids 10 and under)	FREE
Pre-Registration fee includes T-shirt to 1st 300	
Race Day Registration Rates 10K.....\$18.00 4K.....\$15.00 <b>under 12</b> , either race, Pre-registration \$6.00 <b>under 12</b> , either race, Race day \$8.00	
TOTAL ENCLOSED: \$	_____