

Registration Form
WASHINGTON TRAIL 10K Road Race and 4K Road Race
Monday, May 31, 2010
Durham, CT
11:00 A.M. Start

COURSE DESCRIPTION: The 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 <ul style="list-style-type: none">• 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	2009 Winning Times 10K Men: Patrick Dooley 33:24 Women: Heather Shaw 42:50 2009 Winning Times 4K Men: John Corona 12:50 Women: Debra Houle 16:40 CERTIFIED COURSE RECORDS Men: Larry Matthews 29:35:70 (1993) Women: Kerry Arsenault 36:34 (2004)
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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

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.

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

DIRECTIONS TO DURHAM:

From New Haven: 191 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: 191 South to Exit 15 - Durham, Route 68. Turn left onto Route 68 East. Follow directions above.

From Waterbury: 1691 East to 191 South to Exit 15- Durham, Route 68. Turn left onto Route 68 East. Follow directions above.

PRE-REGISTRATION FORMS MUST BE RECEIVED NO LATER THAN WEDNESDAY MAY 27

Mail all forms to:
Washington Trail Road Race
Attn: Mark Jungels
P.O. Box 713
Durham, CT 06422

Make checks payable to: Durham/Middlefield Exchange

Please Print Clearly

Name (first, last) _____

Age (on race day) _____ **Sex (circle one)** F M

Telephone (include area code) _____

Mailing address:

T-Shirt size (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.

Signature of runner or parent if runner is under 18

Date _____

10k Pre-registration \$15.00 (\$18.00 race day)

4k Pre-registration \$12.00 (\$15.00 race day)

Under 12 either race, Pre-registration \$6.00 (race day \$8.00)

TOTAL ENCLOSED: \$