

# 2nd Annual Ray Crothers Memorial 5K Run

Sponsored by: Road ID, Silk City Striders, Willimantic Athletic Club

All proceeds will benefit the CCSU Ray Crothers Scholarship Fund

**Timing by** The Last Mile Racing -- Register online by clicking on the link below:  
<http://register.thelastmileracing.com/Search/event.aspx?event=bb8e1164-01d7-4592-b014-6d32fae83e6e.aspx>

**Location:** Central Connecticut State University, New Britain, CT

**Directions:**

From Northern New England- I-91 South to I-84 West to CT 9 South Exit 29 Right on Ella Grasso Blvd., parking on left  
From the Boston area- Mass Pike I-90 to I-84 West CT 9 South Exit 29 Right on Ella Grasso Blvd., parking on left  
From New Haven, New York City – I-95 East to I-91 North Exit 22N to CT 9 North Exit 29. Straight on Fenn Road, first left on to Ella Grasso Blvd., parking on left

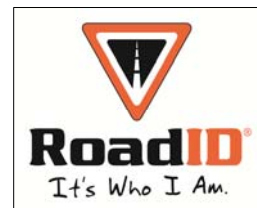
**Date:** Sunday October 24, 2010

**Time and Distance:** 9:45 a.m., 800 Meter Run for Kids 12 & under  
10:00 a.m. 5K Run / Walk

**Entry fee:** Kids Race \$ 5.00  
Adult Run & Walk: \$20.00 Pre-Registered  
\$25.00 Race Day

**Make checks payable to:** Silk City Striders

**Mail check and entry form to:** Silk City Striders  
c/o Bekkie Wright  
547 Forbes Street  
East Hartford, CT 06118



All Pre-Registrations received by October 8<sup>th</sup> will receive a Ray Crothers Memorial T-shirt.

**Awards:** Trophies will be presented to the Top 2 individual finishers in each Age Group, and the Top 3 Men's (5 man) & Women's (3 women) USATF Club Teams

**Age Groups:** Boys & Girls 800 meters - Trophies for Top 2 Male & Female finishers. Ribbons to all participants.  
Men & Women 5K – 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 and older

Name \_\_\_\_\_ Age (on 10/24/10) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E mail \_\_\_\_\_

Club Affiliation: \_\_\_\_\_

Run/Walk (Select one): Kids 800 Meters \_\_\_\_\_ Walk \_\_\_\_\_ 5K Run \_\_\_\_\_

Shirt size (Pre-Reg only): Youth Med. \_\_\_\_\_ Sm. \_\_\_\_\_ Med \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Release: In consideration of the acceptance of my entry, I, for myself, my heirs, executors and assigns, waive, release and discharge any and all rights and claims for damages against the meet director, officials, The CCSU Alumni Track Association, The Run In, Silk City Striders, The Willimantic AC and Road ID, for all claims of damages, actions whatsoever in any manner arising or resulting from my participation in this race. I attest and verify that I have full knowledge of the risks involved in this race, and I assume these risks, and that I am physically fit and sufficiently trained to participate in this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents permission signature if under 18 \_\_\_\_\_