

Special Thanks To Our Title Sponsor



Special Thanks To Our Premium Sponsor:



Special Thanks To Our Presenting Sponsors:

AquaHydrate Water
Eye On Monroe
Minuteman Press of Monroe
Mr. Handyman

Thank you to all of the many businesses that sponsor this event with donations and prizes:

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MOVE | Mr. Mac's Canteen | Dr. Paul Moyse
Pepperidge Farm | Polar Heart Rate Monitors
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Rustic Grille | Soup Thyme | Spire
Steven Williams Salon | Swiss Army Brands
Tracy Mate, Thirty One Gifts, Monroe
Town Fair Tire | Walgreen's
Woodbridge Running

Twenty First Annual



Sponsored by The Kimball Group

Sprint for Monroe
PO Box 100
Monroe, CT 06468

Twenty First Annual



SPRINT for
MONROE

5K Run/Walk

Sunday

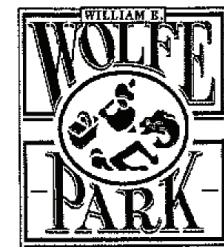
June 2, 2013

(rain or shine)

In Cooperation With:



held at:



285 Cutler's Farm Rd. Monroe, CT

Race Coordinators

Amy Primorac, Director, 203-414-2477
Paul Moyses, Advisor, 203-261-1355
Sue DeGeorge, Race4Chase, 203-268-4961

Registration and Fees

- By Mail and Online (received by 5/24): \$20
sprintformonroe.weebly.com or
hitekracing.com
- Race Day Registration: \$25
- Race4Chase Kids' Fun Run*: \$5
- *benefits Chase Kowalski Memorial Fund
- Team Registration: \$15
(preregistration only; 10 person minimum)
- Suggested donation of one non perishable
food item per participant for Monroe Food
Pantry

Schedule

7:30-8:00am: Fun Run Registration
 7:30-8:45am: Race/Walk Registration
 8:15am: Fun Run Start
 9:00am: 5K Run/Walk Start

Location and Route Information

- Race starts and ends at Wolfe Park
- Time splits at each mile
- Computerized timing with results
posted at hitekracing.com
- Restroom facilities and water station
- Terrain is gentle hills
- Post race refreshments and raffle
- USATF Certified Course #CT97036DR
- Pets and baby joggers not permitted
on race course. Pets not allowed.

Categories

Youth.....12 and under
 Junior.....13-15, 16-19
 Open Class.....20-29
 SubMaster.....30-39
 Master.....40-49
 Grand Master.....50-59
 Senior.....60-69
 Veteran.....70+

Awards

- Cash Prizes: 1st : \$100, 2nd: \$50, 3rd: \$25
plus 1st Master: \$50 (male and female)
- Trophies to first three finishers in each
category (male and female)
- Top Monroe finisher (male and female)
- Random drawing for all registrants of local
merchant gifts
- T-shirts and race gift packets guaranteed
to first 500 registrants

Special Raffle Prizes Include:

- Mountain Bike from Cycle Fitness
- Mid Size Watch from Swiss Army
- Polar Heart Rate Monitor

Directions

Traveling on Route 15 South
Take Exit 49 (see * below)
 Traveling on Route 15 North
Take Exit 49 (see * below)
 Traveling on I-95 South
Take Exit 38 to Merrit Pkwy to
Exit 49 (see * below)
 Traveling on I-95 North
Take Exit 27 A (see * below)

*This will put you on the Route 25 connector.
 Stay on the Connector (four lane road) until
 the Expressway ends. Turn right at traffic
 light onto Route 111. At the 5th traffic light,
 turn left onto Purdy Hill Rd. At first stop sign,
 take a right onto Cutlers Farm Rd. Wolfe
 Park is one mile down on the left.

Proceeds to benefit local charities

OFFICIAL ENTRY FORM

Sprint for Monroe

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

Sex: _____ Age on race day: _____

Please Check Event:

5K Run

5K Walk

T Shirt Size (please circle one)

Adult S M L XL

Are You A Member of A Team: (check one -
all teams must have a minimum of ten people
and all applications must be preregistered
and sent in together)

Yes

No

Send Registration and Check To:

Sprint for Monroe

P.O. Box 100, Monroe, CT 06468

Waiver: In consideration and acceptance of
this entry, I, the undersigned, intending to be
legally bound, do hereby for myself, my heirs,
executors, and administrators, waive and re-
lease all rights and claims for damages I may
have against any and all race sponsors, race
committee, volunteers, USATF, USATF-CT or
the Town of Monroe, their representatives,
successors, and the assigns for any and all
injuries suffered by me in said event. I attest
and verify that I am physically fit and suffi-
ciently trained for the competition of this event.

Signature of Entrant (or parent if under 18 yrs of age)