

The 32nd Annual Jack O'Keefe Memorial



Strides Road Race



Sponsored by

LAKE OF ISLES &



Sunday, October 4, 2009

At Camp Harkness
301 Great Neck Road
Waterford, CT 06385

Starting Gun Times

10K 10:00 am
5K 11:30 am
Fun Run 1:00 pm

*All races start & finish at
Camp Harkness

Check here for
Wheelchair
Division

Race officiating
By **SNERRO**

Cash Prizes for first male and female finishers in 5K and 10K Races!

Outback gift certificates to
top 3 finishers in each division
for 5K and 10K races!

Team competition will be held at the 10K
race. Top three finishers for each team
will be scored- Jack O'Keefe trophy to be
awarded to winning team!

Changing areas, prizes,
and family entertainment
available.

Registration Fees*:	Mail In:	\$15.00/runner or \$30.00/family (Max of 4)
	Race Day:	\$20.00/runner or \$35.00/family (Max of 4)
	Children under 12:	\$5.00
	Patron Ad:	\$50.00

**Fee includes food provided by Outback Steakhouse, T-Shirt sponsored by Lake of Isles and race packet.
All proceeds benefit The Arc of New London County Recreation Program*

Runner Information (Please fill out one application for each runner- each runner must sign the waiver below)							Age	Div	Sex	T Size	5K, 10K, or Fun Run	Fee
Runner												
Address											Patron Ad	
Phone											Other Contributions	

If family runner, indicate family member paying here:

**Total Enclosed (if family
runner-enter "Family")**

Women's Divisions		Men's Divisions	
Girls (G)	11 and under	Boys (B)	11 and under
Women's Juniors (WJ)	12-17	Men's Juniors (MJ)	12-17
Women's Open (WO)	18-39	Men's Open (MO)	18-39
Women's Masters (WM)	40-49	Men's Masters (MM)	40-49
Women's Grandmasters (WG)	50-59	Men's Grandmasters (MG)	50-59
Women's Seniors (WS)	60-69	Men's Seniors (MS)	60-69
Women's Veteran (WV)	70+	Men's Veteran (MV)	70+
Women's Wheelchair (WW)		Men's Wheelchair (MW)	

Make check payable & mail to:
Arc of New London County

125 Sachem St
Norwich, CT 06360
Tel: (860) 889-4435 Fax: (860) 889-4662
Email: info@thearcnlc.org

Waiver: (Must be signed by each runner in order to participate- Under 18 must be signed by parent/guardian).

In consideration of my accepting this entry, I do hereby for myself, my heirs, executors, waive, and release forever and discharge any and all claims for damages which I may have or which hereafter may occur to me against The Arc of New London County, The Cactus Jack Foundation, The Department of Developmental Services, Camp Harkness, Outback Steakhouse, The Town of Waterford, and any other sponsors for all claims arising out of my participation in said athletic event.

Signature

SUBMIT FORM

Date