

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.

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

Date \_\_\_\_\_