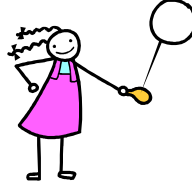




# 4th Annual Solstice Sprint 5K



Wednesday 6.17.2009 @ 6:30 p.m.

(Yes, it's a weeknight, but its also one of the longest days of the year so there'll be plenty of light to run, walk or crawl the 5K course)

MDC Reservoir, 1420 Farmington Ave., West Hartford, Connecticut  
Registration from 5 p.m. - 6:25 p.m.



Proceeds Benefit Hartford's Camp Courant - [www.campcourant.com](http://www.campcourant.com)

Come celebrate the beginning of summer with the scenic, USATF certified 5K-loop course through the MDC Reservoir

Unique Hand Painted Pottery Overall and Age Group Awards three deep in the following categories: 13 and under, 14-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+, Athena (women 150lbs +) and Clydesdale (men 200lbs+)

Tons of Great Food and Drinks, Full Color T-Shirt Guaranteed for all Runners  
Registered Before June 10

Official 2009 Solstice Sprint 5K Race Entry Form

Individual Runner  
\$18 pre-registered - \$20 after 6/10

HTC Member  
\$16 pre-registered - \$20 after 6/10

Name: \_\_\_\_\_ M / F Race Day Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Athena/Clyde: Yes / No T-Shirt Size: S M L XL

In consideration of the acceptance of my entry, I, I for my executors, my administrators, assignees and myself, do hereby release and discharge the Hartford Track Club, any sponsors, their agents, employees and assigns from any and all claims arising out of my participation in the Solstice Sprint 5K. I attest and verify that I have full knowledge of the risks involved in running a 5K event and that I am physically fit and sufficiently trained to participate.

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

Parent Signature if Under 18

Please Mail Completed Forms to:

Paul Wai, 24 Park Place Apt 7C, Hartford CT 06106  
Make Checks Payable to "Hartford Track Club"

Register on-line at [active.com](http://active.com)