

**GUILFORD ROTARY CLUB'S  
NEW YEAR'S DAY**

# FROSTY 5K

**ROAD RACE**



**5K ROAD RACE, 2K WALK**

**11:00 am Thursday, January 1, 2009  
Guilford Green, Guilford, Connecticut**

**USATF/RRTC Certified Course**  
*Pre-register at [www.GuilfordCTRotary.org](http://www.GuilfordCTRotary.org)*

**NOW! USATF/RRTC Certified Course & Championship Chip Timing**

**FROSTY 5K – THURSDAY, JANUARY 1, 2009, 11 AM, GUILFORD GREEN**

Register online and charge to your credit card at [www.guilfordrotary.org](http://www.guilfordrotary.org) or fill out and mail this pre-registration form (\$20 individual, \$60 family up to 4 members, \$12 each additional member above 4) with a check payable to Rotary Club of Guilford to: Platt Systems, 41 Steel Farm Dr., Manchester CT 06042. Pre-registration forms must be received by December 20. Online pre-registration ends at midnight, December 29. Pre-registrants receive a free T-shirt. NOTE: If you have your own timing chip and intend to use it you must enter your personal chip serial # in the proper space below.

LAST NAME	FIRST NAME	M	F	SEX	AGE	PERSONAL CHIP SERIAL #	M	L	XL	SHIRT SIZE (CIRCLE ONE)
OTHER FAMILY MEMBERS: LAST NAME										
OTHER FAMILY MEMBERS: LAST NAME										
OTHER FAMILY MEMBERS: LAST NAME										
OTHER FAMILY MEMBERS: LAST NAME										
STREET										
APT # CITY STATE ZIP E-MAIL ADDRESS										

WAIVER: In consideration of acceptance of this entry into the Frosty 5K, I the undersigned intending to be legally bound to hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the race director and officials, the Rotary Club of Guilford, the Town of Guilford, any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any injuries suffered by me (or my family members) in this event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather, including snow, ice, traffic and the condition of the race course. All such risks being known and appreciated by me. I attest and verify that I (and my family members) are physically fit and sufficiently trained for the completion of this event and my (our) physical condition has been verified by a licensed medical doctor within the last six (6) months. I know that bicycles, roller skates and skateboards are not allowed on the course. Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings, and any other record of this event for any legitimate purposes without compensation or remuneration.

SIGNATURE (PARENT/GUARDIAN MUST SIGN FOR MINOR): \_\_\_\_\_



## Race Information

Date: Thursday, January 1, 2009  
Time: 11:00 am

Start/Finish: Guilford Green, Guilford, Connecticut

Registration: Guilford Community Center  
Church Street (just north of the Green)

### Online

Registration: [www.GuilfordCTRotary.org](http://www.GuilfordCTRotary.org)\*

Entry Fees: \$20 individual pre-registered by Dec 20  
\$22 individual day of race  
\$60 family (up to 4) pre-registered by Dec 20\*  
(\$12 for each additional member above 4)  
\$65 family (up to 4) day of race  
(\$15 for each additional member above 4)

Frosty 5K T-Shirt: Long-sleeve running shirts for pre-registered runners and walkers.

Directions: From I-95: take Exit 58 (Guilford, Rt 77), go south (toward town center), proceed through the intersection with Route 1 to the Guilford Community Center (on right, mid-block). Park at Center or on streets.

Additional Information: The Frosty 5K is sponsored by the Rotary Club of Guilford.  
For more information call Rick Maynard, Race Director, at: 203 453-8068

\*Online pre-registration ends at midnight Dec 29

## Race Day Information

Check-in and registration:  
9:30 - 10:45 am Guilford Community Center

Start—Race & Walk:  
11:00 am Guilford Green (rain, sleet or snow, we go!)

After race:

- Hearty brunch at Guilford Community Center
- \$100 gift certificates to 1st male and 1st female runners

### Highlights:

- **Championship Chip Timing by Platt Systems**
- USATF/RRTC Certified 5K course
- Mile splits
- Long-sleeve T-shirts for all pre-registrants
- Flat and scenic course

### Road Race Course:

Race starts on the beautiful Guilford Green, proceeds down Whitfield Street (passing historic Whitfield House on the left) to Guilford Harbor, back up Whitfield Street, right on Stone House Lane, left on Lover's Lane (Guilford Fair Grounds on left), left on Boston Street and back to the Green.

