

THE HARTFORD COUNTY BAR FOUNDATION
PRESENTS

JOSEPH J. CASSIDY MEMORIAL 5K ROAD RACE & FAMILY WALK

SATURDAY, MAY 1, 2010 ♦ 9:00 A.M.
MDC RESERVOIR #1 ♦ FARMINGTON AVENUE
WEST HARTFORD, CONNECTICUT

THE COURSE

3.1 miles of gentle terrain through the scenic reservoir complex. Paved road on TAC certified course. Course closed to motor vehicles. Family walk will begin at 9:05 a.m.

REGISTRATION

To enter, complete and mail the official entry form below with a \$25 check payable to the **Hartford County Bar Foundation. All mail entries must be received by April 28, 2010.** Race numbers can be picked up at starting area from 8:00 a.m. - 8:45 a.m. on May 1st (day of race). Day of Race Registration also permitted until 8:45 a.m. **Official race T-shirts to first 100 registrants.**

DIRECTIONS TO START

The race will be held at the MDC Reservoir located off Farmington Avenue in West Hartford, CT. Exit #39 off Route 84. At end of exit, take right at light onto Route 4E. Continue 2.2 miles. Turn left into Reservoir #1 parking lot.

OTHER DETAILS

Mileage markers at each mile. Trophies to 1st, 2nd, 3rd male and female finishers, and a special category for Judges and kids 12 and under.

THE SPONSOR

The event is presented by the Hartford County Bar Foundation, Inc.

THE GOAL

The proceeds from the race will benefit the Hartford County Bar Foundation, an IRS § 501(c)(3), non-profit corporation, whose purpose is to assist people who are homeless, hungry, sick, and/or disabled in our community.

STILL HAVE QUESTIONS???

Please call the Hartford County Bar Foundation, Inc. at (860)525-8106, or e-mail us at programinfo@hartfordbar.org. This form may be photocopied.

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JOSEPH J. CASSIDY 5K ROAD RACE REGISTRATION FORM

NAME _____
ADDRESS _____ E-Mail _____
CITY _____ STATE _____ ZIP _____
AGE ON RACE DAY _____ MALE _____ FEMALE _____ PHONE _____
I will run _____ walk _____ HCBA MEMBER _____ NON-MEMBER _____

WAIVER (MUST BE READ AND SIGNED BY REGISTRANT)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and sufficiently trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hartford County Bar Foundation, Hartford County Bar Foundation and the MDC, Ken and Beth Shluger, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Please be advised that results including names and times will be published on the HCBA website following the race.

Signature Date Parent's Signature if under 18 years old Date

Complete and return with \$25 check payable and mail to the **HARTFORD COUNTY BAR FOUNDATION**, 100 Pearl street, 4th floor, Hartford, CT 06103. **All pre-registrations must be received by April 28, 2010.** Forms without signed waiver will not be accepted. Race numbers may be picked up at registration table on race day prior to start. Registration fee is non-refundable. Day of race registration until 8:45 a.m.