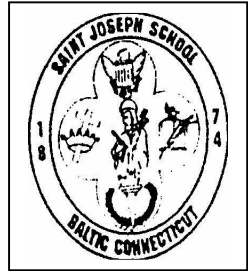


# ST. JOSEPH SCHOOL 16<sup>TH</sup> ANNUAL 3 MILE RACE



**WHEN:** SAT. MARCH 28, 2009 (7:00-9:00) REGISTRATION (9:00) KIDS ½ MILE FUN RUN (9:30) 3 MILE RACE

**WHERE:** ST JOSEPH SCHOOL—BALDIC, CT. CORNER OF SCHOOL HILL RD. AND RT. 207 (DIRECTIONS & RACE COURSE ON BACK)

**WHY:** ALL PROCEEDS WILL GO TO THE SCHOOLS PHYSICAL EDUCATION PROGRAM.

**TIMING OF RACE:** SNERRO

**ENTRY INFO:** \*3 MILE RACE ( \$13 -PRE-REGISTRATION/ \$15 RACE DAY ) \*KIDS FUN RUN ( \$3-REGISTRATION/ \$5 RACE DAY )

**AWARDS + PRIZES** \*UNIQUE TROPHY AWARD CEREMONY TO TOP 3 PLACES IN 9 AGE CATEGORIES....YOU CHOOSE THE TROPHY YOU WANT!

- \* FREE T-SHIRTS TO 1ST 100 PRE-REGISTERED FOR 3 MILE RACE BY MARCH 23....LIMITED AMOUNT FOR RACE DAY REGISTRATION.
- \* \$50 FOR COURSE RECORD ( NEW ) \*\$25 FOR FIRST OVERALL MALE & FEMALE \* INDIVIDUAL PRIZES FOR AGE CATEGORY COURSE RECORDS.
- \* FREE GOODY BAG & HOME-MADE T-SHIRT TO ALL PRE-REGISTERED FUN RUN PARTICIPANTS.
- \* RAFFLE PRIZE DRAWING AFTER RACE.

**REGISTRATION BY MAIL:** MAKE CHECKS PAYABLE TO { ST. JOSEPH SCHOOL ROAD RACE } & MAIL TO: ▶▶▶▶▶▶▶▶▶▶

GLENN COSTELLO-RACE DIRECTOR  
S.J.S 3 MILE RACE  
75 LAFAYETTE ST.  
NORWICH, CT. 06360

**PAST WINNERS:**

- |  |  |  |
|--|--|--|
| (1994) WAYNE JOLLEY/ KAREN GOYETTE             | (1995) AQUINALDO RAMOS/ GALE BALAVENDER      | (1996) ED ZUBRITSKY/ MELISSA PERKINS       |
| (1997) ERIC WORONICK/ CANDICE JOHNSTON         | (1998) ED ZUBRITSKY/ MARY HOWE               | (1999) MICHAEL RAFFERTY/ LYNNE HANSEN      |
| (2000) ED ZUBRITSKY/ CINDY LaFRANCE            | (2001) TODD BENNETT/ MELISSA PERKINS-BANAS   | (2002) CHAD JOHNSON/ MELISSA PERKINS-BANAS |
| (2003) CHAD JOHNSON/ STEPHANIE JOHNSON         | (2004) KYLE FRIEDMAN/ EMILY PHILLIPS-CHAPMAN | (2005) KYLE FRIEDMAN/ MERIDITH FILTEAU     |
| (2006) LARZ SELMER-LARSEN/ EMILY KOMISKY GIETZ | (2007) JEFF WADECKI/ MELISSA PERKINS-BANAS   | (2008) JEFF WADECKI/ LAURIE SCHAEFFER      |

**RACE AMENITY:** J MACHT PHOTOGRAPHY WILL BE PRESENT TAKING RACE DAY PHOTOS FOR ANYONE TO PURCHASE AFTERWARDS ONLINE ON HIS WEBSITE.....  
JMACHTPHOTOGRAPHY.COM (SO SMILE)

**AGE COURSE RECORDS**

AGE	COURSE	RECORDS	MALE	FEMALE
AGE 0-14	(2002)	CHRIS CROFF	16:18	AGE 0-14 (2001) ELLEN DOBBIN / (2004) EMILY PHILLIPS-CHAPMAN 19:28
AGE 15-19	(2005)	KYLE FRIEDMAN	15:39	AGE 15-19 (1997) JEANNETTE TOURJEE 21:16
AGE 20-29	(2002)	CHAD JOHNSON	14:48 ***	AGE 20-29 (2002) KRISTEN RUFFO 18:33
AGE 30-39	(1997)	ED ZUBRITSKY	15:21	AGE 30-39 (2002) MELISSA PERKINS-BANAS 17:36***
AGE 40-49	(1997)	BRIEN MULLINS	16:18	AGE 40-49 (2008) LAURIE SCHAEFFER 19:17
AGE 50-59	(1999)	DENNIS CROWE	15:58	AGE 50-59 (2007) SANDY COLLINS 22:29
AGE 60 +	(2007)	DAVE JACOBS	18:44	AGE 60 + (2007) JANET ROMAYKO 25.24 { *** COURSE RECORD }

**FURTHER INFO:** GLENN COSTELLO PHONE: (860) 886-2828 E-MAIL: (rungdc@aol.com) WEBPAGE: runningintheusa.com/stjosephschoolrace

**AMPLE REFRESHMENTS-MANY CONSIDER THE BEST POST-RACE BUFFET IN CONNECTICUT!!**

=====tear off here and return lower portion =====

**PLEASE CIRCLE APPROPRIATE DIVISION:**

M	F	TOTS (1-9)	NAME _____	AGE ON RACE DAY _____	<input type="radio"/>
M	F	ELEMENTARY (10-14)			
M	F	JUNIOR (15-19)	ADDRESS _____	[ T-SHIRT ]	<input type="radio"/>
M	F	OPEN (20-29)			
M	F	SUBMASTER (30-39)	TOWN _____	STATE _____	ADULT SIZE ONLY (3 MILE) S M L XL
M	F	MASTER (40-49)	PHONE _____	EMAIL _____	KIDS SIZE ONLY (FUN RUN) S M L XL
M	F	GRANDMASTER (50-59)	<p><i>IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I WAIVE ANY AND ALL CLAIM OF MYSELF AND AGAINST OFFICIALS, SPONSORS, VOLUNTEERS, SNERRO, ST. JOSEPH SCHOOL, TOWN OF SPRAGUE, AND THE CITY OF NORWICH FOR INJURY OR ILLNESS WHICH MAY DIRECTLY/INDIRECTLY RESULT FROM MY PARTICIPATION. I CERTIFY THAT I HAVE TRAINED AND AM PHYSICALLY FIT FOR THIS EVENT. I ALSO CERTIFY AND GIVE PERMISSION FOR ANY MEDIA OUTLET TO FILM/RECORD ANY IMAGE OF MYSELF OR MY CHILD.</i></p>		
M	F	VETERAN (60-69)			
M	F	SENIOR (70+)			
BOY	GIRL	KIDS ½ MILE FUN RUN			

\_\_\_\_\_  
DATE SIGNATURE (PARENTS SIGNATURE IF UNDER 18)

THIS RACE IS PART OF THE MOHEGAN STRIDERS "GRAND PRIX" POINT SERIES.....  
**SO LACE UP THOSE RACING SHOES!!!!!!**