ST. JOSEPH SCHOOL 19TH ANNUAL 3 MILE RACE

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3 MILE RACE

WHEN: SAT. MARCH 31, 2012 (7:00-9:00) REGISTRATION (9:00) KIDS ½ MILE FUN RUN (9:30) 3 MILE RACE

WHERE: ST JOSEPH SCHOOL—BALTIC, 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 ($15 –PRE-REGISTRATION/ $18 RACE DAY) *KIDS FUN RUN ($5-PRE-REGISTRATION/ $8 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 IST 125 PRE-REGISTERED FOR 3 MILE RACE BY MARCH 23….LIMITED AMOUNT FOR RACE DAY REGISTRATION.
* $50 FOR COURSE RECORD * $ 20 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…..LIMITED AMOUNT OF GOODY BAGS ON RACE DAY.
* RAFFLE PRIZE DRAWING AFTER AWARDS CEREMONY-FOR ONLY 3 MILE REGISTRATIONS.

REGISTRATION BY MAIL: MAKE CHECKS PAYABLE TO { ST. JOSEPH SCHOOL 3 MILE RACE} AND MAIL TO: ►►►► ►►►►

GLENN COSTELLO-SJS 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
(2009) JEFF WADECKI/ KERRI RUFFO
(2010) JEFF WADECKI/ KERRI RUFFO
(2011) JEFF WADECKI/ JILL VOLLWEILER

RACE AMENITY: JMACHT PHOTOGRAPHY WILL BE PRESENT TAKING RACE DAY PHOTOS FOR ANYONE TO PURCHASE AFTERWARDS ON HIS WEBSITE…….
JMACHTPHOTOGRAPHY.COM .....SO SMILE ☺

AGE COURSE RECORDS

MALE			FEMALE		
AGE 0-14	(2002)	CHRIS CROFF 16:18	AGE 0-14	(2009)	KERRI RUFFO 18:51
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	(2009)	MARY ANNE ROGERS 21:15
AGE 60 +	(2007)	DAVE JACOBS 18:44	AGE 60 +	(2011)	MARY SHARKEY 23:02

{ *** 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 ==========

LAST NAME FIRST NAME SEX AGE PHONE #

MAILING ADDRESS CITY

ZIP CODE STATE EMAIL ADDRESS

RACE ENTERED: 3 MILE RACE [3] KIDS ½ MILE FUN RUN [1/2]
(MARK RACE BOX WITH "X")

(T-SHIRT SIZE) ADULT SIZE (3 MILE RACE ONLY) [S] [M] [L] [XL]

MARK BOX WITH "X"

YOUTH SIZE (FUN RUN ONLY) [S] [M] [L] [XL]

IN CONSIDERATION OF THIS ENTRY BEING ACCEPTED, I WAIVE ANY AND ALL CLAIM OF MYSELF, MY HEIRS, EXECCUTORS, AND ADMINISTRATORS, 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 AND/OR TRAVEL TO THE EVENT. 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.

_____ _____
DATE *SIGNATURE (PARENTS SIGNATURE IF UNDER 18)*

PLEASE MAKE CHECK PAYABLE TO:
"ST. JOSEPH SCHOOL 3 MILE RACE"

FOR RACE USE ONLY

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