



Northwest CT YMCA

2014 Grand Prix Race Series Presents:



WYLD MUD RUN – SATURDAY, JUNE 21 AT 11 AM

5K+ Course • Kids Obstacle Course

Located at YMCA Camp Wa Wa Segowea in Southfield, Mass. This fun and challenging course includes rugged, natural terrain partnered with man-made obstacles. Teams are encouraged.



CANAAN RAILROAD DAYS RUN – SUNDAY, JULY 20 AT 9 AM

5 Mile Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

Located in North Canaan. Start & Finish: Lawrence Pavilion, Rt. 44 (Across from McDonald's) Relatively flat course with one fairly challenging hill.



WA WA SPLASH & DASH DUATHLON – SATURDAY, SEPTEMBER 13

DETAILS TBA

Located at YMCA Camp Wa Wa Segowea in Southfield, Mass.
Details TBA



HIGHLAND LAKE RUN – SATURDAY, OCTOBER 4 AT 9 AM

10K Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

Located at the Boat Launch on pristine Highland Lake, Winsted, CT
Rolling 6.21 mile course on country roads with spectacular foliage. USATF Certified (CT9011DR)



SUNNY BROOK TRAIL RUN – SUNDAY, NOVEMBER 2 AT 11 AM

5K Run/Walk • 2 Mile Walk Option • Kids 1 Mile Run

In Memory of John Ponte

Race #1 on the USATF/CT XC Grand Prix. USATF Certified (CT9011DR).

Located at Sunny Brook State Park on Newfield Rd. in Torrington, CT

Fairly flat, 2-loop course over grass & trails with 2 climbs up a fairly challenging hill.



RUN FOR YOUR LIFE ZOMBIE RUN – DATE & LOCATION TBA

5K run to avoid the walking dead!

Humans: Run for your life! You will receive three lives (flags). Make your way to the finish line without letting the Zombies or Jumpers capture your flags. Humans are timed.

Zombies: Capture as many human flags as possible and cross the finish line. Zombies are timed.

Jumpers: Jumpers will be scattered throughout the course to scare and capture the human flags.

All proceeds benefit the YMCA Charitable services which provides financial assistance to individuals and families who cannot afford membership & program fees.

T-Shirts to all Pre-Registrations received 10 days in advance.

Facilities: Door Prizes, Mile marks, Water Station(s), Digital Timing & Computer Results.
Awards to top 3 male & female overall and to the top male & female finishers in 8 different age divisions.
Must be present to win, no duplicates.

Northwest CT YMCA

2014 Grand Prix Race Registration Form

REGISTRATION ALSO AVAILABLE ONLINE AT NWCTY.ORG

PLEASE CHECK OFF THE RACE(S) YOU ARE REGISTERING FOR:

- | | |
|---|---|
| <input type="checkbox"/> WYLD Mud Run-June 21 at 11:00 am
Youths under 18 must have parental approval. | <input type="checkbox"/> Highland Lake Run/ Walk-October 4 at 9:00 am |
| <input type="checkbox"/> Canaan Railroad Days Run/Walk-July 20 at 9:00 am | <input type="checkbox"/> Sunny Brook Run/Walk-November 2 at 11:00 am |
| <input type="checkbox"/> Wa Wa Splash & Dash Duathlon-September 13, time TBA | <input type="checkbox"/> Run For Your Life Zombie Run- Date TBA |

CHECK OFF ONE: Race ___ Walk ___ Kids ___

Name: _____ Date of Birth: ___/___/___ Age _____ Sex: M F

Address: _____ City: _____ State: _____ Zip: _____

Phone No. _____ Email _____

Team Name (WYLD Mud Run ONLY): _____ USATF Team: _____

Each WYLD Mud Run team member must complete a registration form.

ENTRY FEES

WYLD Mud Run	Canaan Railroad Days Run/Walk	Run For Your Life
Competitive Division = \$60/Person	\$20/Person ON/BEFORE July 10	Human = \$20/Person
Individuals = \$55/Person	\$25/Person AFTER July 10	Zombie = \$25/Person
Teams of 5-9 = \$50/Person	Highland Lake Run/Walk	Jumper= \$30/Person
Teams of 10 = \$45/Person	\$20/Person ON/BEFORE September 24	
Wa Wa Splash & Dash Duathlon	\$25/Person AFTER September 24	
\$30/Person ON/BEFORE Sept. 3	Sunny Brook Run/Walk	
\$35/Person AFTER Sept. 3	\$20/Person ON/BEFORE October 23	
	\$25/Person AFTER October 23	

T-Shirt Size*: YM _____ YL _____ S _____ M _____ L _____ XL _____

***In order to receive a race t-shirt you must register ten days before the race.**

Race t-shirt cut off dates are as follows:

WYLD Mud Run • June 11

Canaan Railroad Days Run • July 11

Sunny Brook • Oct. 23

Wa Wa Splash & Dash • Sept. 3

Highland Lake Run • Sept. 24

Zombie Run • Date TBA

In consideration of this entry being accepted. I do for myself, or any person or concern who may, on my behalf, hereby hold harmless and release Greystone Electronics LLC., Fast Track Timing LLC., The Northwest CT YMCA, the Towns of Torrington, Winchester, North Canaan, Southfield, the State of Connecticut, the State of Massachusetts, all sponsors, volunteers, and race officials from any and all claims for personal injury, damages arising out of, or connected with, my participation in this event. I also understand that the course is open to vehicular traffic during the run/ walk (Sunny Brook is off-road with roots, rocks, mud, vegetation, and animals), as well as other risks, including, but not limited to, falls, contact with other participants, the effects of weather, and the conditions of the course. I am physically fit and I assume responsibility for my own safety.

PROMOTIONAL PHOTO: I agree to allow the Northwestern Connecticut YMCA to use my photo or video for promotional purposes.

Signature: _____ Date: _____ Total Amount enclosed: _____

(Of parent or legal guardian if under 18)

Non-Refundable

Make Checks Payable To: NORTHWEST CT YMCA, 259 Prospect Street, Torrington, CT 06790