

# 7th Annual Ray Crothers Memorial 5K X-C Race + Kids Mile Fun Run

Ray was a legendary runner at CCSU, finished 1<sup>st</sup> in 3 divisions (HS, Open, Masters at the Manchester RR)

**USATF/CT 2015 Cross-Country Grand Prix Sanctioned Event & MRR Qualifier**

**Sponsored by: CCSU Athletic Department and CCSU Alumni X-C, Track and Field Club**

A 5K Cross Country race honoring Ray Crothers for his Cross-Country accomplishments (hereinafter, the "Activity")

*All fees & donations are appreciated and will benefit the CCSU Men's and Women's X-C and Track and Field Intercollegiate Program.*

**Location:** Stanley Quarter Park, 115 Eddy Glover Blvd. New Britain, CT (adjacent to Central Connecticut State University)

**Directions:** From Northern New England - I-91 South to I-84 West to CT 9 South Exit 29 Right on Ella Grasso Blvd., cross Stanley St., Park is on right.  
From Boston area - Mass Pike I-90 to I-84 West CT 9 South Exit 29 Right on Ella Grasso Blvd., cross Stanley St., Park is on right.  
From New Haven, New York City - I-95 East to I-91 North Exit 22N to CT 9 North Exit 29. Straight on Fenn Rd, first left on to Ella Grasso Blvd., cross Stanley Street, Park is on right.  
From Danbury area - I-84 East to CT-9 North Exit 29. Straight on Fenn Rd, first left onto Ella Grasso Blvd., cross Stanley St., Park is on the right.

**Date:** Saturday, September 26, 2015

**Time and Distance:** 8:30 a.m., Kids 1 Mile Fun Run (No entry fee)

9:00 a.m., Ray Crothers 5K X-C Race

11:00 a.m., Men's 8K X-C Collegiate Race (Ted Owen Invitational)

11:45 a.m., Women's 5K X-C Collegiate Race (Ted Owen Invitational)



**Entry Fee:** 5K Race fee is \$20--On-line registration: [www.fasttracktiming.com](http://www.fasttracktiming.com)

**Please pay on race day: Make checks payable to CCSU**

Race Day Registration opens @ 7:30 a.m.

**Awards:** Prizes will be awarded to the top 3 in each age group category. A hospitality tent will be available.  
T-shirts to first 100 on-line entries.

**Timing by:** Fasttracktiming.com

**Co-Race Directors:** CCSU Coach Eric Blake, 860 832-3054 [blakee@mail.ccsu.edu](mailto:blakee@mail.ccsu.edu)

Walter Fitzpatrick, 860 666-4112 [walterfitz@cox.net](mailto:walterfitz@cox.net)

**First Name:** \_\_\_\_\_ **USATF Club Name:** \_\_\_\_\_

**Last Name:** \_\_\_\_\_

**Age on 9/26/2015:** \_\_\_\_\_ **Male/Female: (M/F)** \_\_\_\_\_

**Age Group: (Circle or highlight below)**

- Kids Fun Run for age 12 and under
- 5K X-C Race=> 13-18 19-29 30-39 40-49 50-59 60-69 70 and older

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

## Release:

I recognize that there are risks and hazards directly or inherently involved in the Activity and that I may become injured during my participation. With full knowledge of the facts and circumstances surrounding this Activity, I voluntarily undertake this Activity and assume all responsibility and risk from my participation in this Activity, including all risk of loss of limb or life, property damage, injury to others, and other hazards to me.

I assure officials of CCSU that I have adequate health insurance necessary to provide for and pay any medical costs that may directly or indirectly result from my participation in this Activity and that I will indemnify and hold CCSU and its employees and agents harmless.

I assure CCSU that there are no health-related reasons or problems that preclude or restrict my participation in this Activity.

I, for myself, my heirs, executors and assigns, hereby release CCSU and its employees and agents, from any liability whatsoever arising out of my participation in this Activity, including but not limited to, any damage to my property or the property of others and injury to me or to others, including loss of limb or life, resulting from my negligence or the negligence of others, or to others through my participation in this Activity.

The foregoing is submitted in consideration of CCSU allowing my participation in this Activity. I execute this document with full knowledge of the contents and consequences stated in this Entry Form & Release.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_