



9<sup>th</sup> ANNUAL  
**STRIDES TO CURE DIABETES**  
**10-K RUN and 3-MILE WALK**

SUNDAY, JUNE 7, 2015 at 9:00 a.m.  
 BROOKFIELD HIGH SCHOOL  
 45 LONG MEADOW HILL ROAD  
 BROOKFIELD, CT 06804

The Brookfield Lions Club, JDRF (Fairfield County Chapter) and the Regional YMCA of Western Connecticut are proud to co-sponsor this event to promote diabetes awareness and research. Bring the whole family, participate in both the 10-K run and 3-mile walk, and generously support this charitable fundraising event.

CONTACT INFORMATION: (203) 775-6190; [lyonpride@charter.net](mailto:lyonpride@charter.net)

REGISTER ONLINE: [www.active.com](http://www.active.com) (after April 1, 2015); additional Run/Walk forms at [www.greystoneracing.net](http://www.greystoneracing.net).

REGISTRATION: Runners -- \$20.00 (postmarked before June 1, 2015); \$25.00 (after June 1, 2015 through race day).

Walk Teams – In lieu of a registration fee, form a Walk Team and raise a minimum of \$100.00 for diabetes research; all donations should be collected prior to the Walk and turned in at registration; Strollers welcome, but no pets, please! Commemorative t-shirt for each registered Walk Team captain!

Registration and Check-in for the 10-K Run and the 3-Mile Walk opens at 8:00 a.m.

FEATURES: Commemorative technical t-shirts for the first 100 registered runners; post-race raffle (must be present to win); lots of great food, music, and plenty of free parking.

COURSE RECORDS: William Sanders 33:36 (2014)  
 Rose Willey 40:52 (2014)

RUNNER AGE BRACKETS:

14 and under	30-39	60-69
15-19	40-49	70 and over
20-29	50-59	

RUNNER AWARDS: \$100.00 Cash awards for 1<sup>st</sup> Place Overall (M/F)  
 \$ 50.00 Cash awards for 1<sup>st</sup> Place 40 and Over (M/F)  
 Age Bracket medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place (M/F)

WALKER AWARDS: Largest Team; Most \$\$ Raised; Most Creative Walk Team T-Shirt

COURSE: This challenging 10-K course starts in front of Brookfield High School; proceeds north on Long Meadow Hill Road; turns right on Hop Brook Road; turns left on Cove Road; turns right on Deerfield Road; turns left on Riverford Road; turns left on Kimberly Road; turns right on Hop Brook Road; and turns left on Long Meadow Hill Road for a fast and flat finish back at Brookfield High School. Mile markers and multiple water stations on the course.

The 3-mile walk course follows a portion of the 10-K run course, and will be marked appropriately.

DIRECTIONS: Take I-84 to Exit 9; head north for @ 2 miles on Rt. 25 to Brookfield; @ ¼ mile past traffic lights, bear right on Long Meadow Hill Road (across from Library); Brookfield High School is ½ mile ahead on the right. Parking lots will be designated.

REGISTRATION FORM ON REVERSE.

REGISTRATION FORM

PROCEEDS FROM THIS EVENT WILL BE DONATED TO JDRF (FAIRFIELD COUNTY CHAPTER) AND TO THE CONNECTICUT LIONS EYE RESEARCH FOUNDATION, EACH A 501C (3) CHARITABLE ORGANIZATION.

Make all checks payable to: "Brookfield Lions Charities, Inc." (For Run only -- \$20.00 before 06/01/15; \$25.00 after 06/01/15)

NOTE: There is no individual registration fee for walkers; Checks for Walk Team donations (minimum of \$100.00 per Walk Team) and all additional donations are made payable to "Brookfield Lions Charities, Inc." and turned in at registration by the Walk Team captain.

Mail fee with completed and signed entry form to: Race Director, Brookfield Lions Club  
P. O. Box 660, Brookfield, CT 06804

This event is held in cooperation with the Town of Brookfield and the Brookfield Police Department. If my entry is accepted, I release forever all rights for claims and damages I may incur against the Brookfield Lions Club, Inc. (and any of its members), Brookfield Lions Charities, Inc., the Town of Brookfield and any of its employees, JDRF, the Regional YMCA of Western Connecticut, and Greystone Electronics Corporation for damages suffered by me or others traveling to and from and/or participating in the Strides to Cure Diabetes 10-K Run and 3-mile Walk. Permission is granted to use my name, picture, or videotape or recording for any purpose. I am physically fit and have trained to finish this distance.

I am registering for: 10-K Run \_\_\_\_; 3-Mile Walk \_\_\_\_ (Walk Team Name/Captain \_\_\_\_\_)

Email Address: \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Sex: \_\_\_\_ M \_\_\_\_ F Shirt Size (S, M, L or XL): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_  
(Of parent or legal guardian if under 18)

(DETACH HERE)

The 9<sup>th</sup> Annual Strides to Cure Diabetes 10-K Run is the third event in the "Four Seasons Challenge Series." The entire 2015 race calendar includes:

January 1, 2015 28<sup>th</sup> Annual New Year's Day Brookfield Lions Run for Sight 4-Miler  
(Thursday) Brookfield High School, 45 Long Meadow Hill Road, Brookfield, CT  
11:00 a.m. Start  
Contact: Mark Lyon – (203) 775-6190 or lyonpride@charter.net

May 10, 2015 18<sup>th</sup> Annual Mother's Day 5-K  
(Sunday) Brookfield High School, 45 Long Meadow Hill Road, Brookfield, CT  
9:00 a.m. Start  
Contact: Brookfield Parks & Recreation – (203) 775-7310 or www.brookfieldct.gov/rec

June 7, 2015 9<sup>th</sup> Annual Strides to Cure Diabetes 10-K Run and 3-Mile Walk  
(Sunday) Brookfield High School, 45 Long Meadow Hill Road, Brookfield, CT  
9:00 a.m. Start  
Contact: Mark Lyon – (203) 775-6190 or lyonpride@charter.net

October 25, 2015 24<sup>th</sup> Annual Brookfield Family Chiropractic 5-K Halloween Run and 20<sup>th</sup> Annual Kid's K Fun Run  
(Sunday) Certified Course: USATF CT06013JHP  
Brookfield Municipal Center, Pocono Road, Brookfield, CT  
10:00 a.m. Start (Kid's K Fun Run at 9:30 a.m.)  
Contact: Brookfield Parks & Recreation – (203) 775-7310 or www.brookfieldct.gov/rec

Runners who register for and complete all four races in the "Four Seasons Challenge Series" will receive a commemorative gift, to be distributed during the awards ceremony at the 2015 Halloween Run.