

# 31st ANNUAL POLAR BEAR RUN

Sunday, February 22, 2015, 11 a.m.

LAKE WARAMAUG, WASHINGTON, CT

*Dedicated to Wallie Jahn*

**The 2015 USATF/CT Connecticut Cup Championship!**

**WHERE:** Registration is at the Lake Waramaug Country Club, 22 Golf Links Road, Washington, CT.

**ENTRY FEE** (non -refundable): \$22 up to Feb. 15. \$27 on race-day. **Race-day registration closes at 10:30AM** \*\*\*First 250 registrants will receive a commemorative head band.

**Donations:** In memory of Wallie Jahn; the race will be accepting monetary donations for the Loaves & Fishes Hospitality House. Runners are encouraged to bring canned/dry goods.

**COURSE:** Level 7.6 mile loop around scenic Lake Waramaug

**\*PARKING: VERY LIMITED. PLEASE CARPOOL IF YOU CAN**

**AWARDS:** Top 3 Male and Female. Top 3 in the following divisions:

19 and under, 20-29, 30-39, 40-49, 50-59, 60 and above.

On-Line registration closes 2/20: "<http://www.lakewaramaugpolarbearrun.com>" Snow date is Sunday, March 1 at 11 a.m. Weather updates will be posted on the Web site. Chip Timing and Results by Greystone Electronics LLC.([www.greystoneracing.net](http://www.greystoneracing.net))

For more info contact Dave Dunleavy at 860-927-1332 or at [dunleavyrun@aol.com](mailto:dunleavyrun@aol.com)

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2014 Polar Bear (please print clearly)

Name: \_\_\_\_\_ Age on race day \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ email address \_\_\_\_\_

I acknowledge that this is a test of a person's physical limits and carries with it the potential for personal injury. I hereby assume the risk for participating in this event. I certify that I am physically fit and sufficiently trained to compete in this event. I agree not to hold responsible any person(s) involved in the organization of this event as well as the Town of Washington, the USATF, and Greystone Electronics LLC. I hereby affirm that I am 18 years or older or I have had a legal guardian sign for my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature required if participant is under 18

**Make checks payable to: "Polar Bear Run",** Mail to: Dave Dunleavy 243C Kent Road, Kent, CT. 06757



USATF/CT sanctioned event

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