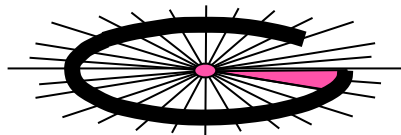


The Norfolk Pub 10-Mile Road Race

\$100.00 for a new course record! \$50.00 for a new Master's record!

18th Annual



www.GREYSTONERACING.net

Saturday, December 17, 2016

@ 11:00 AM

Host to the Hockomock Swamp Rat Grand Prix Series for 2012 as one of the most challenging road races in New England. Come and test your fitness against some of the region's finest distance runners.

Where: The registration, parking, start, and finish line are located in front of the Town Hall on Maple Ave. in Norfolk, CT.

Course: This is a USATF Sanctioned event with a challenging 10 Mile, USATF Certified course (CT00003DR). Climb country roads with scenic vistas around secluded Doolittle Lake. Three water stations, mile markers, digital timing, spectacular photos, and computer results by Greystone Electronics. (Snow Date, January 7, 2017)

Facilities: Parking available at the Town Hall. Limited restroom facilities. **For info:** contact www.greystoneracing.net

Awards (must be present to win, no duplicates)

\$50 to the 1st M/F, \$30 to the 1st 40+ M/F, and \$20 to the 1st 50+ M/F!!!

(USATF Eligibility Requirements for all Cash Awards)

Awards to the top three male/female finishers overall and top male/female finisher in these divisions:

Open(29 and under)	Submaster(30-34)	Submaster(35-39)
Master(40-44)	Master(45-49)	Grandmaster(50-54)
Grandmaster(55-59)	Senior(60-69)	Exalted(70 and up)

Course Records: Open Men = 53:09 by Chris Zablocki in 2011. Open Women = 1:00:33 by Claudia Camargo in 2006.
Masters Men = 58:24 by Jeff Nieddeck in 2009. Masters Women = 1:05:07 by Shannon McHale in 2011.

Entry Fees (nonrefundable): \$17.00 on or before December 10, 2016, **\$25.00** for everyone after December 10, 2016.

Directions: From the junction of routes 8 and 44, follow Rte. 44 west through Winsted to Norfolk. Route 44 bends sharply to the right in downtown Norfolk. The Norfolk Pub is immediately on the right with limited parking. The Town Hall is about 400 meters up and around the Library onto Maple Ave. **Please park up at the Town Hall.**

Please enter me in the 2016 Norfolk Pub 10-Mile Road Race

Please PRINT (CLEARLY!):

Name: _____ Age(on 12/17/16) _____ Sex: M F

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

Phone No. _____ email: _____ USATF/CT Club _____

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 Norfolk, Greystone Electronics LLC, the sponsors, the Norfolk Pub, and the State of Connecticut, in the event of personal injury. I hereby affirm that I am 18 years old or older or I have had a legal guardian sign for my participation in this event.

Signature: _____ Date: _____ Amount enclosed: _____

(Of parent or legal guardian if under 18)

Make Checks payable To: **Greystone Electronics**, 119 Harmony Hill Rd, Harwinton, CT 06791