



32nd ANNUAL POLAR BEAR RUN

Sunday, February 28, 2016, 11 a.m.

LAKE WARAMAUG, WASHINGTON, CT

Dedicated to Wallie Jahn

"A classic, fast, and pretty loop around the lake"

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

ENTRY FEE (non -refundable): \$22 up to Feb. 25. \$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: (Must be Present to Win) 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 2/25: "<http://www.lakewaramaugpolarbearrun.com>" Weather updates will be posted on the Web site. Chip Timing and Results by Greystone Electronics LLC.(www.greystoneracing.net)
For more info contact Dave Dunleavy at 860-927-1332 or at dunleavyrun@aol.com

2016 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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