



Bob Veillette 5K Road Race and Walk Saturday, October 1, 2016, 8:30 a.m.



Bib# (Official Use Only): _____

LAST NAME: _____ FIRST NAME: _____

STREET/MAILING ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: (____) _____

E-MAIL ADDRESS: _____ MALE FEMALE

(check one) 5K RACE 1M WALK | CORPORATE TEAM NAME (If applicable): _____

AGE ON RACE DAY: _____ DOB: _____ DIVISION: _____

ALL PROCEEDS BENEFIT BOB VEILLETTE

In April 2006, Bob Veillette, managing editor of the Republican-American, suffered a massive stroke that left him unable to move, swallow, or speak. This is called "locked-in syndrome," and it affects just 25,000 people worldwide.

Please accept my additional donation of \$ _____ to benefit Bob Veillette

Registration Fee: Adults - \$25 in advance, \$30 on race day; Children 12 & under - \$10 in advance, \$15 on race day

AMOUNT ENCLOSED: \$ _____

NOTE: Make checks payable to: LOCKED IN 5K ROAD RACE and mail to: Locked In 5K Road Race, 14 Clearview Dr., Wallingford, CT 06492. Mail-in registration must be received by Sept. 21, 2016. Visit www.Bob5K.com for information.

T-Shirts available while they last on a first-come, first-served basis

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WAIVER: In consideration of acceptance of this entry, I the undersigned intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against, the race director and officials, the Locked In 5K Road Race, the City of Waterbury, their representatives, any and all race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and humidity, extreme cold or wind, rain, traffic and the condition of the road. All such risks being known and appreciated by me, I attest and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes without compensation or remuneration. I know that bicycles, in-line skates and skateboards are not allowed on the course.

SIGNATURE: _____ DATE: _____
(Parent or Guardian must sign if under 18)

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Divisions:	12 yrs. & under (Male & Female)	40-49 yrs. (Male & Female)
	13-19 yrs. (Male & Female)	50-59 yrs. (Male & Female)
	20-29 yrs. (Male & Female)	60 yrs. & over (Male & Female)
	30-39 yrs. (Male & Female)	

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Bob Veillette 5K Road Race is sanctioned by USA Track & Field. Certification No.: 16-05-042
SATURDAY, October 1, 2016, 8:30 A.M. REGISTRATION: Begins at 7 A.M. IN LIBRARY PARK, WATERBURY, CT
RACE COURSE (USAT&F Certification No. CT07021JHP): Start on Grand Street; East on Grand to South Main Street; Right onto South Main Street; Right onto West Liberty Street; Left onto Bank Street; Right onto Riverside Street; Right onto West Main Street; Across Meadow Street to continue on West Main Street; Right onto Bank Street; Right onto Grand Street; Grand Street to the Finish Line at intersection with State Street.
RACE ROUTE MAP: Available on the Web at: www.gmap-pedometer.com/?r=938590

Directions and Parking Information:

From Danbury Area and Points West (New York State) (I-84 East): Take I-84 east to Exit 21/Meadow Street. At bottom of ramp, stay in the right lane. At next light, turn right onto Field Street. Entrance to the **Municipal Parking Garage** (across from the State Armory) is on the right. To walk to Library Park: Turn right out of the garage, go to end of Field Street and turn left onto Grand Street. Park is down the street on the left.

From Hartford Area (and New England States) (I-84 West): Take I-91 or I-84 to Hartford. From Hartford, follow I-84 west to Exit 21/Meadow Street. At bottom of ramp, bear right onto Field Street (Crossroads Cantina will be on your left). The entrance to the **Municipal Parking Garage** (directly across from the State Armory) is on the right. To walk to Library Park: Turn right out of the garage, go to end of Field Street and turn left onto Grand Street. Park is down the street on the left.

From Points North of Waterbury and Litchfield County (Route 8 South): Take Route 8 south to Exit 32/Riverside Street. At the light, turn left; stay straight through the next light and cross the bridge. You are now on Freight Street. At the next light, stay in the middle lane; take a right onto Meadow Street. At the next light, continue straight, stay in the left lane. At the next light, turn left at the stop sign (Crossroads Cantina will be on your left), continue straight on Field Street. Entrance to the **Municipal Parking Garage** (directly across from the State Armory) is on the right. To walk to Library Park: Turn right out of the garage, go to end of Field Street and turn left onto Grand Street. Park is down the street on the left.

From Bridgeport Area and Fairfield County (Route 8 North) Take I-95 to Route 8 northbound. When you reach Waterbury, take the exit for I-84 East toward Hartford. Stay in the right lane, which will be the ramp for Exit 21/Meadow Street. At the light at the bottom of the ramp, turn right; you are now on Meadow Street. At the next light, turn right onto Field Street. At the stop sign (Crossroads Cantina will be on the left), continue straight on Field Street. Entrance to the **Municipal Parking Garage** (directly across from the State Armory) is on the right. To walk to Library Park: Turn right out of the garage, go to end of Field Street and turn left onto Grand Street. Park is down the street on the left.

