



# Age Before Beauty 5K Cross-Country

[www.GREYSTONERACING.net](http://www.GREYSTONERACING.net)

Part of the *USATF/CT XC Grand Prix*

## 9:00 AM Sunday, November 10, 2019

### 14th Annual



**Where:** The White Memorial Foundation & Conservation Center in Litchfield, Connecticut. Site of the JO's.

**Facilities:** All parking will be in the Sawmill Field. Follow signs & Marshalls. No parking on roads or trails. No Exceptions! The 5K course has a hill at 1.5 mile mark with an elevation rise of 134'. Then it drops 134' in elevation! There are plenty of leaves, roots, rocks, mud, and possibly snow. There are several outhouses. 100% Cross-Country!!!

**For info:** contact, [www.greystoneracing.net](http://www.greystoneracing.net) USATF/CT Male/Female Team Prize Money for 1st, 2nd Open, 1st Mast 40+.,(Masters can score down).

#### Awards:(must be present to win)

Awards to the top 3 male and female overall and to the top male and female finishers in these divisions (no duplicates):

Open (1-29)	Submaster (30-39)	Master (40-49)
Grandmaster (50-59)	Senior (60-69)	Exalted (70 and up)

**Course Records:** Open Male: 15:17 by Chris Rosenberg in 2015 Open Female: 18:17 by Carlota Corbella in 2014  
 Master Male: 15:38 by Bart Wasiolek in 2009 Master Female: 18:20 by Meredith Remigino in 2010

**Entry Fees (non-refundable):** \$16.00 on or before November 3, 2019. \$20.00 for everyone after November 3.

**Directions:** From the West: Route 202 thru New Milford and Bantam. "WMF" entrance on right, 1 mile from Bantam Center. From the East: I84 to Waterbury. Route 8 North to Exit 42. Left on Rt. 118 to Litchfield. Route 202 west thru Litchfield. "WMF" entrance 2 miles from Litchfield Center on Left. Follow signs to parking. From the South: Route 8 North to exit 42; follow East directions.

Please PRINT (CLEARLY!): Please enter me in the 14th Annual 2019 Age Before Beauty Cross-Country 5K

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age (on 11/10/19)\_\_\_\_ Sex: M F

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

Phone No. \_\_\_\_\_ Email: \_\_\_\_\_ USATF Team/Club: \_\_\_\_\_

In consideration of this entry being accepted. I do for myself, or any person or concern who may, on my behalf, hereby hold harmless and release Greystone Electronics LLC., the Town of Litchfield, the Litchfield Track Club, the White Memorial Foundation, the State of Connecticut, all sponsors, volunteers, and race officials from any and all claims for personal injury, damages arising out of, or connected with, my participation in this event. I also understand that the course is offroad with roots, rocks, mud, vegetation, and animals, as well as other risks, including, but not limited to, falls, contact with other participants, the effects of weather, and the conditions of the course. I am physically fit and I assume responsibility for my own safety.

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

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