

**Seventh Annual  
Wheels and Heels 5K/10K Road Race  
in Memory of Jamie Kirchner**

**Saturday - JUNE 6, 2020 @ 1:00 PM  
Valley Road, Harwinton, CT 06791  
5K Route Certified by USA Track & Field.  
Certification Number: CT14036JHP  
Timing by Greystone Electronics**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

E-Mail Address \_\_\_\_\_  
Emergency Contact: Name & Phone Number: \_\_\_\_\_  
\_\_\_\_\_

**5K/10K Divisions:**

19 + under   20-29   30-39   40-49   50-59   60-69   70 and up

Wheelchair classes:   unassisted   assisted   motorized

Prices will increase \$5.00 on Day of Race:

5K Runner \$20.00 \_\_\_\_\_

10K Runner \$25.00 \_\_\_\_\_

5K Wheelchair \$20.00 \_\_\_\_\_

Male: \_\_\_\_\_ Female \_\_\_\_\_

**Waiver (must be signed)**

In signing this waiver, I for myself, my heirs, executors, and administrators, release the Director and any and all volunteers of this race, all sponsors & promoters, the Town of Harwinton CT, Army Corps of Engineers, the Town of Northfield CT/Litchfield CT and any other facilities, employees or municipalities from the town of Harwinton CT/Northfield CT/Litchfield CT for any and all liability in case of death or injury received during my participation in this race. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. In the case of a minor, this entry must be signed by a parent or guardian of the entrant.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Mail this page.**

**Wheels and Heels 5K/10K Road Race  
in Memory of Jamie Kirchner**

**Saturday - JUNE 6, 2020  
10K – 1:00pm  
5K – 1:15pm**

**Intersection of Valley Road and Campville Hill Road  
Harwinton, CT 06791**

**Pre-Registration Donation: 5K-\$20.00 10K-\$25.00  
Prices increase \$5.00 on race day.**

**Registration Deadline by mail - May 29, 2020**

**Make Donation Checks payable to: Wheels and Heels Road Race**

**Mail the entry form and donation to:  
Joanne Volovski  
Wheels & Heels Road Race  
96 Harmony Hill Road  
Harwinton, CT 06791**

**For additional information email or call:  
[jvolovski@att.net](mailto:jvolovski@att.net) 860-480-1941  
[jkirchner72@yahoo.com](mailto:jkirchner72@yahoo.com) 860-733-3551**

**Visit us on Facebook at: @wheelsandheels5k  
Website: <http://wheelsandheels5K.com>**

**RACE DIRECTIONS:**

**North or South: CT Route 8, exit 41. East on Campville Rd. which becomes Northfield Rd.  
to Valley Rd.  
East or West: Route 118 in Harwinton. Wildcat Hill Road, go right at the Y onto Campville  
Hill Road to Valley Road  
Parking: Race volunteers will direct you to parking.**

**Keep this page.**