



Lake Compounce 10k & 5k Run 2k Walk and Kids Fun Run

From The Heart Racing Bell City Series
8AM SATURDAY, JUNE 6th, 2020



Mission: Our mission is to create opportunities to inspire and promote lifelong fitness and wellness. We apply our passion and drive to raise funds for causes near and dear to our hearts. A portion of the proceeds from this race will go towards Juvenile Diabetes.

Location: The event begins and finishes in Lake Compounce, 185 Enterprise Dr, Bristol, CT 06010

Parking: Lake Compounce Parking Lot, 186 Enterprise Dr, Bristol, CT 06010

Lodging: The Bear Creek Campground will be open for those who are coming out of town and would like to spend the night <https://www.lakecompounce.com/bearcreek>

Awards: (must be present to win) Top male and female win a day at Lake Compounce! Awards to the top 3 male and female overall finishers and first in the 5k and 10k in these divisions (no duplicates): 0-10, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Entry Fees: (non-refundable): 10k: \$30 Pre-Reg, \$35 Race Day; 5k: \$25 Pre-Reg, \$30 Race Day; 2k Walk \$10 Donation Race Day untimed and free kids run.

Directions: BRIDGEPORT: RT. 8 North to I-84 East to EXIT 31, DANBURY: I-84 East to EXIT 31, HARTFORD: I-84 West to EXIT 31. North on RT. 229, and follow signs, NEW HAVEN: I-91 North to RT. 691 West to I-84 East to EXIT 31, NEW LONDON: I-95 South to RT. 9 North to RT. 72 West to I-84 West to EXIT 31, STAMFORD: I-95 North to RT. 8 North (EXIT 27A) to I-84 East to EXIT 31, WATERBURY: I-84 East to EXIT 31

Please PRINT (CLEARLY!): Please circle which Lake Compounce Race **10k, 5k or 2k**

Full Name: _____ Age _____ Circle Sex: M F

Address: _____ City: _____ State: _____

Zip: _____ Phone No. _____ Email: _____

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 From The Heart Racing, Lake Compounce, the Town of Bristol, 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 has limited traffic control, 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: From The Heart Racing 77 Buff Rd. Bristol, CT 06010