The Arc Eastern Connecticut

THE CACTUS JACK FOUNDATION

THE 42ND ANNUAL JACK O'KEEFE MEMORIAL

STRIDES Road Race

Registration Form

OUTBACK STEAKHOUSE®

Sunday, October 6, 2019

Start Times: 5K & 10K	Family Fun Run, Walk & Roll	Camp Harkness
9:30 am	11:00 am	301 Great Neck Road Waterford, CT 06385

Registration Fees:

Early Registration:	$25.00/individual or $45.00/family (2 Adults, 2 children, 12 and under)
Race Day:	$30.00/individual or $50.00/family (2 Adults, 2 children, 12 and under)
Child:	$5.00 (12 and under)

Strides T-Shirt to first 500 registrants.

Changing areas, family entertainment, & great post-race food available!

Cash Prizes
for male & female winners of 5K and 10K races!

Team Competition
Held in the 10K race. Top 3 finishers in each team will be scored – Jack O'Keefe Trophy to be awarded to winning team!

SNERRO
Race officiator

TYPE: ☐ Individual ☐ Family ☐ Child ☐ Wheelchair Division

☐ Team _____ (name) ☐ I am a returning runner

I am unable to attend, Please accept $_____ as a gift to *The Arc* ECT

Entrant Information Please fill out one application for each individual entrant & each team member *Each entrant or head of family must sign the waiver below*		Age	Gender	T-shirt Size	5K, 10K or Family Fun Run	Fee
Name						$
Address						
Phone	( )	email				
Additional Family Member Information						
Name						
Name						
Name						
					Total enclosed:	

All proceeds benefit The Arc Eastern Connecticut

Waiver: (Must be signed by each entrant in order to participate– Under 18 must be signed by parent/guardian)
In consideration of my accepting this entry, I do hereby for myself, my heirs, executors, waive, release forever, and discharge any and all claims for damages which I may have or which hereafter may occur to me against The Arc Eastern Connecticut, The Cactus Jack Foundation, The Department of Developmental Services, Camp Harkness, Outback Steakhouse, The Town of Waterford, and any other sponsors for all claims arising out of my participation in said athletic event.

_____
Signature ***Date***

Make check payable & mail to:

The Arc Eastern Connecticut
125 Sachem St
Norwich, CT 06360

T (860) 889-4435 x 116 Visit *TheArc*ECT.org
F (860) 889-4662 E dtift@thearcect.org

Achieve with us.®