



11th ANNUAL GLORIOUS GALLOP 5K ROAD RACE

**FRIDAY JULY 10, 2009 7:15 PM
EAST HAMPTON, CONNECTICUT**

**Point to point 5K race starting at Seven Hills Crossing, down Mott Hill,
around beautiful Lake Pocotopaug to finish line at Center School
Computerized timing ++++++ T-shirts to first 150 applicants
Awards to first 3 male and female finishers in each age group
Medals to all finishers under 13 ++++++ Random awards**

FEE \$10.00 RACE DAY \$15.00

Children under 13 \$8.00

Pick up bibs at Carnival grounds on Thursday July 9, 2009 from 6pm to 10pm

Friday July 10, 2009 starting at 5pm.

Shuttle Bus to the starting line starts at 6pm

Last shuttle bus leaves at 6:45pm

Please use the facilities on the carnival grounds before going on the bus

There will be NO bib pickup at the starting line

**Send signed application and non-refundable entrance fee, payable to Glorious Gallop 5K
To: Sheila C. Oakes, 28 Quiet Woods Road, East Hampton, CT 06424-1811**

Please print clearly, use BLOCK LETTERS Cut on dotted line and return with check

NAME

Last: _____ First _____

Address _____

City _____ State _____ Zip Code _____ Sex _____ Age _____

Email Address _____

SIGNATURE _____ Phone Number _____

Athlete's signature (Parents signature if under 18) Waiver must be signed. Waiver: I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering. I assume all risks associated with running in this event including, but not limited to falls, contact with other participants; the effects of the weather, including high heat and/or humidity; traffic and the condition of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release the Old Home Day Glorious Gallop, The Old Home Day Committee, its officers, directors, agents and volunteers, the Town of East Hampton, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use any photograph, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that bicycles, strollers, skateboards, roller skates, in-line skates, radio headsets and dogs are not allowed.

HAVE A GREAT RACE!