



The 8K Cross-Country Challenge

Saturday, November 21, 2009 10:00 AM

Where: The MDC Reservoir Complex, 1420 Farmington Avenue, West Hartford, CT.

Course: A rolling course with gravel, trails, fields, and minor asphalt. Accurately measured to 8 kilometers.

Facilities: Plenty of parking, limited restrooms.

For More Info: Tom Buckley (860-693-9206)

Email: tbtrailrun@hotmail.com

Awards: Top three male and female finishers in these divisions:

Youth (18 and under)

Open (19-29)

Sub-Master (30-39)

Master (40-49)

Grandmaster (50-59)

Senior (60+)

Teams: This is a USA TF/CT XC Grand Prix Competition. All USA TF/CT members competing for a club must identify their USA TF club on the registration form prior to the starting gun! Teams will be scored on finishing place. The top 5 Open men and top 3 Open/Masters women and Masters Men will score for their USA TF club. ***

USA TF membership NOT REQUIRED to run as an individual***

Entry Fees: \$6.00 for USA TF Members on/before November 14, 2009

\$8.00 for non-members on/before November 14, 2009

\$10.00 for everyone on race day!

Renew or join the USA TF at this race and be included for this race as well as all of the year 2010!

Directions: From I-84 take Exit 39. Right at the first stop light onto Route 4 East/Farmington Avenue toward West Hartford. After 2.2 miles turn left at the stop light through the iron gates of the MDC Complex. Parking is the first left 0.25 miles into the complex, follow signs to registration & start.

Name: _____ Date of Birth: _____ Age (on 11/21/09) ____ Sex: M F

Address: _____ City: _____ State: ____ Zip: _____

USA TF TEAM: _____ Phone No. _____

I acknowledge that this is a test of a person's physical limits and carries with it the potential for personal injury. I hereby assume the risk for participating in this event. I certify that I am physically fit and sufficiently trained to compete in this event. I agree not to hold responsible any person(s) involved in the organization of this event as well as the MDC, The Hartford Track Club, The USA TF, and the sponsors in the event of personal injury. I hereby affirm that I am 18 years old or older or I have had a legal guardian sign for my participation in this event.

Signature: _____ Date: _____ Amount enclosed: _____

(Of parent or legal guardian if under 18)

Make checks payable to: The Hartford Track Club PO Box 624, Farmington CT 06034-0624