

**42nd Annual
Mother's Day 10K Race
AND 5K HEALTH WALK
Sunday, May 12, 2019 at 9:00am**

**PRESENTED BY
The Norwalk Recreation and Parks Department
and
The Lightfoot Running Club**

**Memorial race held in honor of the late Edward T. Donellan
Net Proceeds to be donated to the American Heart Association**

CHECK-IN: Calf Pasture Beach, Norwalk, CT.
All participants, including pre and post entries, at the registration area at Calf Pasture Beach adjacent to parking lot, between 7:30am and 8:30am.

USATF rules: no head phones

NOTE: NO DOGS ARE ALLOWED AT THE BEACH. THANKS

ON LINE REGISTRATION AVAILABLE AT lightfootrunners.com, runsignup.com

**ENTRY FEES: PRE-REGISTRATION: RECEIVED BY MAY 5 \$22.00, WALKERS \$12
RACE WEEK: RECEIVED BY MAY 10 \$25.00, WALKERS \$15
RACE DAY: \$28.00, WALKERS \$18**

ENTRY FORM: MOTHER'S DAY 10K (6.2 miles) 5K WALK - SUNDAY, MAY 12, 2019 9:00AM (PLEASE PRINT!!!!!!!!!!)

LAST NAME _____ FIRST NAME _____ TELEPHONE _____

BIRTH DATE ____/____/____ SEX: MALE FEMALE AGE ON RACE DAY _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____

CHECK T-SHIRT SIZE → SMALL MEDIUM LARGE EXTRA LARGE

CHECK IF YOU ARE A: WALKER MOTHER

In consideration of my entry being accepted, intending to be legally bound, I do hereby myself, my heirs, executors and administrators waive release and forever discharge any and all rights for claims and demands which may have and may hereafter accrue to me against the Lightfoot Running Club and Norwalk Recreation & Parks Dept., City of Norwalk, the USATF and any other sponsor, co-sponsors participants, officers or members, race director and/or agents, damages which may be sustained and suffered by me in connection with my association with or entry in the event. I certify that I am trained and physically capable to run the distance - realizing that I will be running in traffic on un-policed roads. I hereby give the race officials my consent to pull me from this race for my safety or the safety of other runners.

SIGNATURE (Parent or Guardian if under 18) _____

Make checks payable to "Lightfoot Running Club" For information about race: CALL 203 434-6746

For pre-registration, mail entry form and \$22.00 to:
Lightfoot Running Club C/O Don Capone
7 New Street, Norwalk, CT 06855

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Directions to Calf Pasture Beach: Exit 16 off I-95. South on East Ave. to Gregory Blvd. South on Gregory to monument. Go half-way around monument and then right on to Calf Pasture Beach Rd. which leads directly into Calf Pasture Beach.

No dogs are allowed at the beach. Thanks.