

THE 42nd ANNUAL LIGHTFOOT SUMMER SERIES ROAD RACES

Presented by
The Norwalk Recreation and Parks Department
and
The Lightfoot Running Club

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>
3-Mile Race & Health Walk	SUNDAY June 23	Norwalk High School
5-Mile Race	SUNDAY July 7	Cranbury Elementary School
7-Mile Race	SUNDAY July 21	Brien McMahan High
9-Mile Race, 5k Walk (Ian Eaccarino Memorial Race)	SUNDAY August 4	Calf Pasture Beach
11-Mile Race	SUNDAY August 25	Silvermine Elementary School
Half-Marathon (Sam Elpern Memorial Race)*	SUNDAY Sept. 15	Fox Run Elementary School

***SEPARATE REGISTRATION**

ALL RACES SUNDAY

8:00AM START TIME ALL RACES

- Pre-registration: \$15.00 each race (\$65 for first 5 races)
- Pre-registration for all 5 races accepted by mail thru June 22 or accepted on June 23 prior to the 3-mile race
- Day of race: \$20 per race **CASH OR CHECK ONLY!!**
- *Half-marathon...separate registration: \$25 thru 9/8, \$30 thru 9/14, \$35 race day

USATF rules: no head phones

NO DOGS AT CALF PASTURE BEACH

INFORMATION: Don Capone at 203 434-6746 or email (info@lightfootrunners.com).

ON – LINE REGISTRATION AVAILABLE AT - runsignup.com

Check out our website: www.lightfootrunners.com also www.Hitekracing.com

ENTRY FORM: 2019 SUMMER ROAD RACING SERIES (PLEASE PRINT!!!!!!!!!!!!!!)

LAST NAME _____ FIRST NAME _____ TELEPHONE _____

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

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CHECK T-SHIRT SIZE → SMALL MEDIUM LARGE EXTRA LARGE

EMAIL ADDRESS _____

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 unpoliced 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"

Mail entry to: LIGHTFOOT RUNNING CLUB, Don Capone: 7 New Street, Norwalk, CT 06855

PRE-REG ONLY:

- \$15 per race Specify distances 3-Miler 5-Miler 7-Miler 9-Miler 11-Miler
- \$65 all five races (3, 5, 7, 9, 11)
- \$25 Half-Marathon thru 9/8, \$30 thru 9/14
- \$90 all five races and Half-Marathon

IN PERSON

- \$65 all five races (by June 22 or accepted on June 23 before the 3 miler **ONLY**)
- \$20 ONE RACE: DISTANCE: _____
- \$35 Half-Marathon

LIGHTFOOT RUNNING CLUB - 2019 RACES
DRIVING DIRECTIONS

MOTHER'S DAY 10K RACE **SUNDAY May 12, 2019 (8:00am)**

Calf Pasture Beach, Norwalk, CT

I-95 to Exit 16. Go south on East Avenue, past two traffic lights, under railroad bridge. Bear left after third traffic light to Cemetery Street; bear right onto Gregory Blvd. south to traffic circle. Bear left and follow Calf Pasture Beach Road to beach parking area.

3 MILE RACE **SUNDAY June 23, 2019 (8:00am)**

NORWALK HIGH SCHOOL (55 County St, Norwalk, CT 06851)

Connecticut Tpke (I-95) to Exit 16. Go north on East Avenue to Westport Avenue (Route 1). Right on Westport to County Street (County Mall on right side). Right on County to traffic light. Go straight through the light and take first right into Norwalk High School.

5 MILE RACE **SUNDAY July 7, 2019 (8:00am)**

CRANBURY SCHOOL (10 Knowalot Lane, Norwalk, CT 06851)

Merritt Parkway Exit 40-B to Main St. (or Exit 15 north from I-95 to Main Street). North on Main Ave Rt 7. to Kensett Ave. (HSBC/Chase Bank). Right on Kensett to stop sign at Grumman Ave. Right on Grumman to Knowalot Lane. Take left onto Knowalot; Cranbury School then first left.

7 MILE RACE **SUNDAY July 21, 2019 (8:00am)**

Brien McMahon High School (300 Highland Ave, Norwalk, CT 06854)

I-95 Eastbound to Exit 13 at Connecticut Ave. Turn right; go to Keeler Street. Right on Keller to Flax Hill. Left on Flax Hill, up hill to Highland. Right on Highland, Brien McMahon High School on left. I-95 Westbound to exit 14 Connecticut Ave. Turn Left; go to first light and turn left on Scribner Ave. At the end of Scribner turn right onto Flax Hill and then left onto Highland Ave.

IAN EACCARINO 9 MILE RACE **SUNDAY August 4, 2019 (8:00am)**

CALF PASTURE BEACH, Norwalk, CT

see directions for Mother's Day Race above

11 MILE RACE **SUNDAY August 25, 2019 (8:00am)**

Silvermine School (157 Perry Avenue, Norwalk, CT 06850)

Merritt Parkway Exit 40-A south to Main Street. South on Main Street to Perry Avenue stoplight. Right on Perry 1 1/4 miles to school (set back on left). OR, from I-95, exit 15 north to Exit 2 (New Canaan Avenue). Left to dead end at Main Street. Left (north) on Main Street to Perry Ave. and left on Perry.

SAM ELPERN HALF-MARATHON **SUNDAY September 15, 2019 (8:00am)**

FOX RUN SCHOOL (228 Fillow Street, Norwalk, CT 06850)

I-95 eastbound. Take Exit 13. Right on Connecticut Avenue; take left at Richards. Approximately 1.5 miles north to dead end at Fillow. Right on Fillow; then left into school parking.

I-95 WESTBOUND: Take Exit 14 to Connecticut Ave. Go left on Connecticut, right on Richards to dead end at Fillow. Right on Fillow, then left into school parking.

MERRITT EASTBOUND: Take Exit 38, go right on New Canaan Ave, (Route 123), quick left at Nursery St. up hill. Left onto Ponus Avenue; bear right at fork to Fox Run Avenue, right at Fillow to school parking.