



PRESENTED BY

# 30TH ANNUAL THANKSGIVING DAY 5 MILE ROAD RACE AND 2.7 MILE FITNESS WALK

**THURSDAY, NOVEMBER 22, 2007**

**START TIME - 8:15 AM Sharp**

### Start/Finish at Wakeman Boys/Girls Club

385 Center Street Southport, CT  
Exit 19 off I-95

Open to all persons in good health 7 years old and over. No strollers, dogs, in-line skaters or head phones permitted in race

Fast, flat, scenic "Gold Coast" course, USATF Certified, #CT93018DR.

Bagels, fruit, yogurt and more.

### Check-In/Packet Pick-Up At Wakeman Club

Mon.-Wed., Nov. 19- 21, 7 PM-9 PM  
Race day, Nov 22, 6:30 AM - 7:50 AM

### NO PICKUP/REGISTRATION ON SUNDAY

Limited bathrooms. Come dressed to run.



**RUNNER PHOTOGRAPHY** by

**Long sleeve T-shirts to first 3200 pre-registrants.**

### MAIL-IN Registration:

Postmarked by Tues, Nov 14, 2005.

#### Check payable and mailed to:

Pequot Runners  
P.O. Box 124  
Southport, CT 06890-0124

\$20 **Adults** (age 18 and over)

\$15 **Youths** (ages 7 to 17)

### ON-LINE REGISTRATION:

At [www.PequotRunners.org](http://www.PequotRunners.org) by clicking on:



Discounts for on-line registration

### IN-PERSON Registration

At Wakeman Club:

Mon-Wed, Nov 19- 21: \$22 **All Ages**

Race Day, Nov 22: \$25 **No T-Shirt!**

In consideration of your acceptance of this entry, I, the undersigned entrant, intending to be legally bound, hereby for myself, my heirs, my executors and administrators waive and release any and all rights and claims for damages I may have against The Pequot Running Club, Inc., the Town of Fairfield, The Town of Westport, The Wakeman Memorial Association or any other sponsors or supporters or any of their agents, successors or assigns for any and all accidents, illness or injuries suffered or sustained by me either during or as a result of the race. I attest and verify I will participate in this event as a foot-race entrant; I am in good health; I am sufficiently trained for this event and its completion; my physical condition has been verified by a licensed medical doctor; I am familiar with the race course over which this event takes place; I understand the need to replenish body fluids during any running event, particularly on warm days. If chip is not returned, entrant understands that there will be a \$30 charge.

→ Race Supplied Chips Only ←

Check ONE:  5 Mile Race  2.7 Mile Fitness Walk

Last Name		First Name	
Address		E-Mail Addr	
Town		State	Zip
Sex (M/F)	Age on Race Day	T-Shirt (S/M/L/XL)	Phone
PROPER SIGNATURE REQUIRED IN ORDER TO RACE		Runner's signature	Date
<b>Parent/Guardian MUST sign own signature if runner under 18</b>			