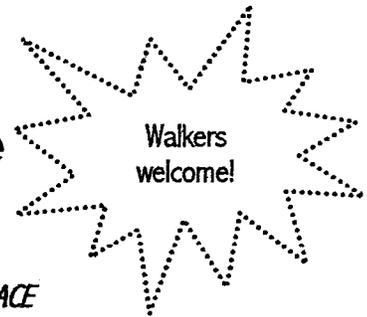


☆ Army ☆ Navy ☆ Air Force ☆ Marines ☆ Coast Guard ☆ Merchant Marines ☆

The Sixth Annual
**East Windsor
Veterans Day 5K Road Race**

Saturday, November 12, 2005
10:00 am (regardless of weather)



SEED RACE FOR THE THANKSGIVING DAY MANCHESTER ROAD RACE

Schedule: Saturday, November 12, 2005
8:00 am Number pickup and late registration
9:30 am Veterans' Day memorial service
10:00 am 5K Start
10:45 am Awards and refreshments at Town Hall

Awards: Top 3 Male / Female overall
Top 3 Male / Female veteran
Top 3 Male / Female in each age division

Amenities: USATF Certified course # CT 00025DR
Professionally Timed
Water station on the course
Refreshments after the race
T-shirts for the first 200 registered
Approved Seeding Race for the Manchester Road Race

Start / Finish: East Windsor Town Hall
11 Rye Street, Broad Brook CT

Course: Old Ellington Rd. to Norton Rd. to
Deerfield Dr. to Omelia Rd. to Rye St..

Race Fees: AGES 0 THRU 17: \$6 Up to and including Race Day.
AGES 18 THRU 100: \$11 / pre-registration, postmarked by Nov. 1, 2005
After November 1, 2005 and on race day: \$15

Directions: Take I-91 exit 45 to Rt-140 East toward Warehouse Point / Ellington.
Follow 140 east for approximately 3.8 miles, then turn right at the light onto Rt-191 / Main Street.
Keep going straight (Main Street becomes Rye Street) for approximately 1.0 miles.
Bear right at fork in front of St. Catherine's Church. Town Hall and parking will be on your left.

Information: Online: www.eastwindsor-ct.gov. Call the First Selectman's office at (860) 623-8122, 8:30am to 4:30pm.

Veterans Day 5K Registration Form Nov. 12, 2005

Make checks payable to: "East Windsor Veterans Commission", P.O. Box 191, Broad Brook, CT 06016-0191

PLEASE PRINT ALL INFO BELOW

Name: _____ () Male () Female
Address: _____ Age on Race Day: _____
City, St. _____ Home Phone: _____
Circle T shirt size M L XL XXL Are you a veteran? Branch of service: _____

Waiver: In consideration of my entry, I, my executors, heirs, administrators, and assignees do hereby waive and release the Town of East Windsor, the Veterans Commission, the Race Directors, the race timer(s) and their employees, volunteers, officials, and any sponsors for all claims arising out of my participation in this event or its related activities. I attest and verify that I have full knowledge and understanding of the risks involved in this event and that I am in sufficiently good physical health and sufficiently trained to participate.

Signature _____ Date _____

If under 18, Signature of parent or guardian _____ Date _____