

24<sup>th</sup> Annual  
Edmund Ganem Memorial  
5K RUN/WALK

Sunday, May 5, 2019

Sponsored by the ROTARY CLUB OF TERRYVILLE



Schedule of Activities:

8:00 am – Registration

9:00 am – 5K Race/Walk

9:05 am – Loop the Field- 1 mile & Kids Fun Run (5 and under)

**FEES:**

Run/Walk: \$15.00 (pre-registration and payment must be received by Apr 21) registration via attached form or at <https://www.raceentry.com/races/edmund-ganem-memorial-5k-runwalk/2019/register>

\$20.00 after pre-registration closes and on race day

Kids Fun Run –Free

Loop the Field -\$5.00

Please make checks payable to: “ROTARY CLUB OF TERRYVILLE”, P.O. Box 422, Terryville, CT 06786

**RACE LOCATION:** Start, Finish, Vendor Area, and Parking at Terryville High School, 33 North Harwinton Ave. Terryville, CT 06786. Race Route Covers Scenic Parts of Plymouth, including Lake Winfield

**Event Information-**Free tee shirts to first 75 5k participants, electronic timing, music, water stations, vendors, and prizes for M/F top runners-\$50 cash prize, with recognition awards to all 1<sup>st</sup> place finishers in each age

**Questions** – <https://sites.google.com/plymouth.k12.ct.us/terryvillerotary5k> / (860) 585-4031

**To Register Online-** <https://www.raceentry.com/races/edmund-ganem-memorial-5k-runwalk/2019/register>

See course map and description on back

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Kids Fun Run \_\_\_\_\_ Loop the Field \_\_\_\_\_ 5K Road Race \_\_\_\_\_ 5K Walk \_\_\_\_\_

PRINT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

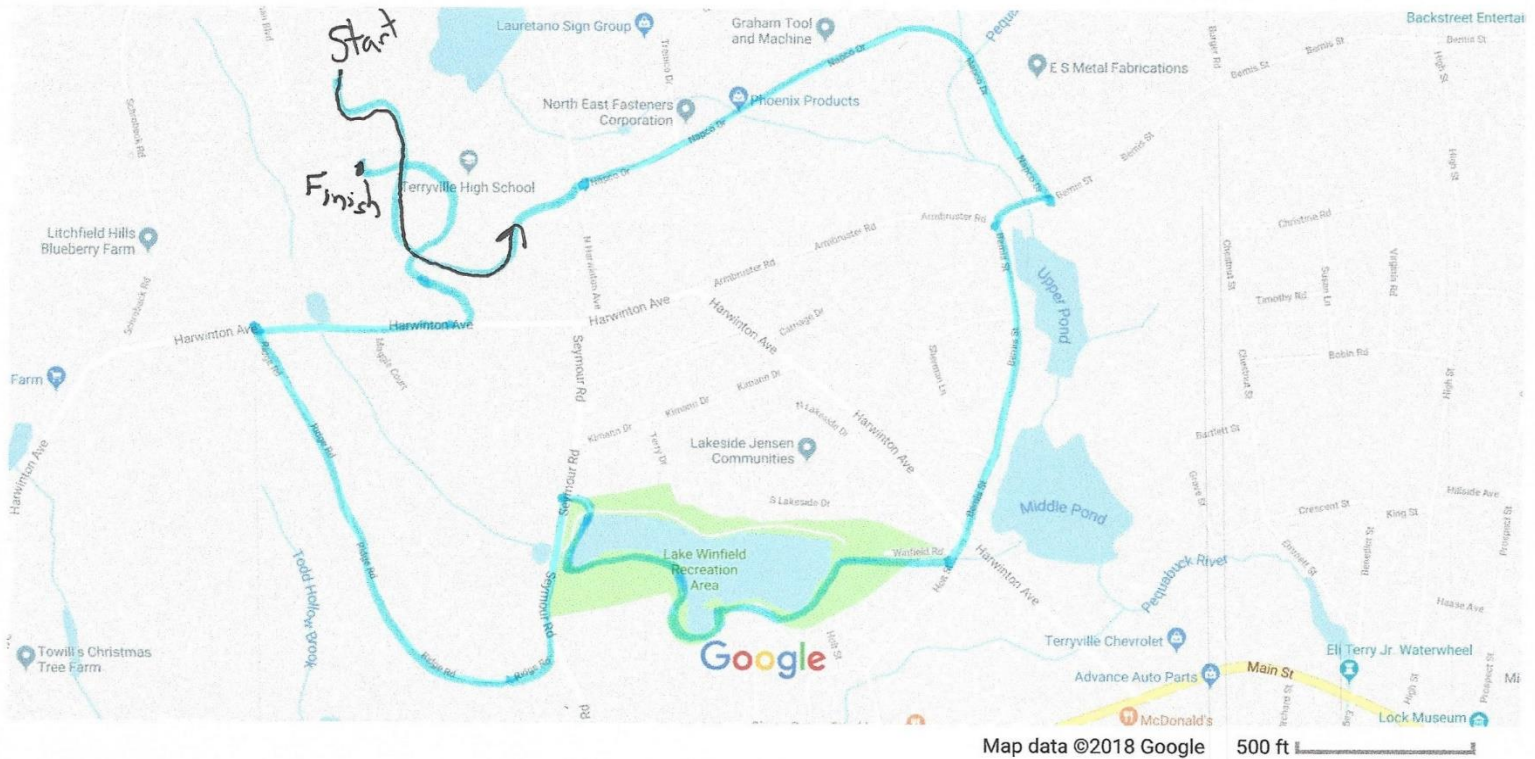
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ SHIRT SIZE: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ AGE ON DAY OF RACE \_\_\_\_\_

I ATTEST THAT I HAVE FULL KNOWLEDGE OF THE RISKS INVOLVED IN THIS EVENT AND THAT I AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THIS EVENT. IN CONSIDERATION OF ACCEPTANCE OF MY ENTRY, I, MY EXECUTORS, ADMINISTRATORS AND ASSIGNEES DO HEREBY RELEASE AND DISCHARGE THE ROTARY CLUB OF TERRYVILLE AND ANY OF THE EVENT'S OTHER SPONSORS, THEIR EMPLOYEES, AND ALL OFFICIALS FOR ALL CLAIMS ARISING FROM OR GROWING OUT OF THIS ATHLETIC EVENT.

SIGNATURE OF RUNNER (or parent if runner is under 18): \_\_\_\_\_ DATE: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_



Parking in the lots in the front and rear of Terryville High School, located at 33 North Harwinton Ave. Terryville, CT 06786

Race **STARTING LINE** will be in the rear of the building near the Track and primary Soccer Field-

From the start racers will follow the driveway around the building and down the driveway towards North Harwinton Ave.

At the end of the drive way cross North Harwinton on to Napco Drive, following Napco Drive down its length to the T intersection with Bemis Street.

Turn **Right** onto Bemis and look immediately for the easy **Left** to follow Bemis its length until it terminates at Harwinton Ave.

Cross Harwinton Ave. onto Holt Street. Approximately 75 meters up Holt Street turn **Right** into the Lake Winfield Recreation area.

Follow the Lake Winfield Driveway up to the lake bearing **Left** to follow the lake path around the lake, once on the lake path follow it all the way around to the access ramp.

Following the access ramp to the top, making a **Left** onto Seymour Road.

Continue along Seymour Road to the intersection to Ridge Road.

Turn **Right** onto Ridge Road and follow that to the end, where you will turn **Right** onto Harwinton Ave.

Follow Harwinton Ave. to the Auxiliary Driveway for Terryville High School, turning **Left** onto the Auxiliary Dive Way. Follow the Auxiliary Drive Way back down to the parking lot in the rear of the building following the race signs onto the track and the **FINISH LINE**.