

May 28, 2016 9:00 AM \$20.00 Mail-in; \$18.00 Online; \$30.00 on race day

We REALLY, REALLY want you to register online!
Start and finish at the Fort at
Saybrook Point, Old Saybrook, CT
Where College St. meets Long Island Sound

4-Mi (CT09025JHP) \$20/\$18/\$30 1.6-Mi Causeway Walk \$20/\$18/\$30 1/3-Mi Kids' Run (10yr or less) \$5 Even on race day

All on the flat, scenic Old Saybrook shoreline

USATF-CT Grand Prix Championship

Connecticut Race Series Race #2

Tee shirts to the first 400 registered runners or walkers. Last year we ran out - register early!

Benefiting the Sean Delaney Scholarship Fund. Over the past 15-years, \$57,000.00 has been given to collegebound Old Saybrook High School runners



the Lighting Source

www.pathwaylighting.com



sound RUNNER

a running store...and more









SAVINELLI WELL DRILLING
ISELIN TREE EXPERTS
THIS-N-THAT, LLC
FORTUNA & CARTELLI

ATTORNEYS AT LAW

Why not join them for next year? 860-437-7247

Awards

Special Award - \$100.00 to the overall male and female finishers!

Awards will be presented following the kids' race to the top 3 male and female finishers in these divisions: (Courtesy of sound RUNNER)

(One award per runner)

| outh . | Under 13 | |
|--------------|----------|------------|
| Tunior | 13-19 | Sorry, we |
| Open | 20-29 | can't mail |
| Sub Master | 30-39 | awards, |
| Master | 40-49 | you must |
| Frand Master | 50-59 | be present |
| Senior | 60-69 | to accept |
| /eteran | Over 69 | |

First male & female Old Saybrook residents Finisher medals to 1/3 Mile Kids' Fun Run

Get a free entry

Free race entry will be awarded to anyone who contributes a minimum donation of \$100 to the The Old Saybrook Education Foundation to support the Sean Delaney Scholarship Fund. The Sean Delaney Scholarships will be awarded to college bound Old Saybrook High School runners. Your donation also entitles you to a hardy, flowering landscape shrub, a living testament to Sean's memory. Shrubs provided by Prides Corner Farms of Lebanon, CT (Retail value: \$30.00). Make your tax deductible donation of \$100.00 or more payable to THE OLD SAYBROOK EDU-CATION FOUNDATION (Not To Delaney Dash) and mail it to: Delaney Dash, 174 Plant Street, New London CT 06320 with your race application.

2016 PARKING OVERFLOW!

Overflow parking will be at Grace Episcopal Church, 336 Main St. This is about 1.5-mi from the race site. Shuttle busses will be available. If you plan to arrive at The Fort after 8:30 AM, please go directly to the church parking lot. Last bus leaves the church parking lot at 8:30.

Register online at



Delaney Dash

A 4-mile road race, 1.6-mile causeway walk and 1/3 mile kids' fun run in memory of Sean Delaney who was an Old Saybrook resident and a great runner and friend throughout Connecticut and beyond. Sean passed away on May 2, 2000 after battling cancer for years. The race and scholarship in his name keep his memory running

Directions and Parking:

LIMITED PARKING! CAR POOL PLEASE!

From Rhode Island or Hartford:

Get on Rt. 95 South. Take exit 68, Make a right at the end of the exit ramp, which dumps you onto Rt. 1. Follow Rt.1, Left at 1st traffic light (still Rt. 1), Left 2 lights later on to Main Street, Rt 154. Follow Rt. 154 to Saybrook Point. Parking is very limited this year.

From New Haven

Rt. 95 North to exit 67. At end of exit ramp, follow Rt. 154 south, make a left at the 3rd traffic light on to Main Street, Rt 154. Follow Rt. 154 to Saybrook Point. Parking is very limited this year.

YOU MUST BE AT THE FORT BY 8:30 OR TAKE THE SHUTTLE FROM THE GRACE EPISCOPAL CHURCH 336 MAIN ST.

DO NOT DRIVE TO THE STARTING AREA AFTER 8:30!

Two ways to save! (4-Mi & 1.6-Mi only)

Mail-in, save \$10.00. Or online, save \$12.00. Online registration closes on Tuesday before the race. Mail-in registration must be mailed 4 days before the race.

Early Race Packet Pickup (and 20% store discount)

Visit sound RUNNER at 238 Main St, Old Saybrook (860-388-3800) on Thursday & Friday before the race and pickup your race packet, tee shirt and bib number. Or, register here any time for \$18

hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness, prior, during grant permission to the Race Director to use or authorize the use of any photo, motion picture or video recordings of this event for to all claims of every kind or nature whatsoever, forseen or unforseen, known or unknown. participaion in this the race, resulting Release and Waiver egitimate purpose. Пis

behalf, waive and release the race directors, USATF, USATF/CT, SNERRO, the Town of Old Saybrook, JB Sports, all sponsors, volunteers,

facts, and in consideration of your accepting my entry, I,

ing read this waiver and knowing these

even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

medical personnel and anyone acting on their behalf, from all claims or liabilities of any kind arising out of my

sociated with my running this event, including, but not limited to: falls, contact with other participants (race officials or bystanders),

effects of weather, including high heat or humidity, traffic and road condition, all such risks being known and appreciated by me.

participation in this event

for myself and

Additionally

(Required if runner is under 18 years of age) Parent's Signature: Signature: