



Artistry in Motion at Sound View Beach
10K, 5K and One Mile Fun Run

Date: Saturday, September 10, 2011

Registration and Packet Pick up: Race day at 6:45 am to 8:30 am

Registration Location: Lenny's on the Beach, 88 Hartford Ave, Old Lyme, CT

Start Location: Hartford Ave., Sound View Beach Area, Old Lyme, CT

T-Shirts Available for the first 150 registered runners

Start Times: 10K and 5K start at 9:00 am, Walkers and 1 Mile - 8:30 am

Fee: 10K & 5K - On or before September 8 = \$23 \$28 after September 8

One Mile - On or before September 8 = \$10 \$15 after September 8 - **Walkers** - \$5

Register: On-line at www.AIMROADRACE.org powered by Active.com or complete
and send this form with a check **payable to Lyme/Old Lyme Education Foundation** to:

LOLEF, P.O. Box 895, Old Lyme, CT 06371

10K & 5K COURSES USATF CERTIFIED

Awards: Top 3 Male & Female 10K and 5K finishers in each age division

Course Description

The 10K and 5K start at the same location in popular Sound View Beach in Old Lyme, CT and take runners by some of the most picturesque natural vistas Old Lyme has to offer. The 10K is mostly flat with some gently rolling hills along country roads. The 5K is very flat and very fast. Both races are capped off with a finish down historic Hartford Avenue facing the beach.

QUESTIONS?? Contact Mike Kane at (860) 227-4052 or AIM2011@AIMROADRACE.ORG

I, _____ the undersigned by registering for and participating in the Artistry in Motion 10K, 5K and 1 Mile Fun Run to benefit the Lyme/Old Lyme Education Foundation, Inc., understand the nature and risks associated with participation in this activity. I am aware that participation is at one's own risk. I acknowledge that the activity, equipment and facilities may pose significant risk of personal injury. I am aware that each participant is responsible for his or her own safety. I hereby grant for myself, my heirs, executors, administrators, waiver and release of any and all claims of damage we ever had, now have or will have, against the Lyme/Old Lyme Education Foundation, Inc. and any person or entity associated with the organization or administration of or otherwise in connection with the Artistry in Motion road race, including but not limited to personal injury and/ or property damage suffered by myself, while participating in this activity. I understand that the Lyme/Old Lyme Education Foundation, Inc. is not responsible for medical, hospital, emergency room or transportation expenses for any incidental illness or injury to the above named participant.

I certify that the information contained on this form is accurate and complete

First Name _____ Last Name _____ Date of Birth _____ Age on race day _____

Gender _____ Event (circle one) 10K 5K 1Mile Walk

Street Address _____ Town _____ State _____ Zip _____ Phone _____

Email _____ T-Shirt Size S M L XL

SIGNATURE _____ (Parent or Guardian if under 18) DATE _____

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