



THE 43RD ANNUAL JACK O'KEEFE MEMORIAL

STRIDES

Road Race



Registration Form

IN PARTNERSHIP FOR FULL EQUALITY

Sunday, October 4 —
Sunday, October 11, 2020

REGISTRATION FEES

- ➔ **"EARLY" REGISTRATION: Aug. 15 — Sep. 6** Individual runner \$25 Child (12 and under) \$5
Runners guaranteed a T-shirt and limited-edition swag bag
 - ➔ **"PERFECT TIMING" REGISTRATION: Sep. 7 — Sep. 28** Individual runner \$25 Child (12 and under) \$5
Runners guaranteed a T-shirt, and may purchase a limited-edition swag bag for \$5 (while supplies last)
 - ➔ **"DON'T FORGET ME" REGISTRATION: Sep. 29 — Oct. 1** Individual runner \$30 Child (12 and under) \$5
Runners may purchase T-shirt for \$10 and a limited-edition swag bag for \$5 (while supplies last)
- Feeling energetic?* —run both the 5K and 10K distances to be eligible for more chances at a prize!
- ➔ **"FIVE AND DIME" REGISTRATION: Aug. 15 — Oct. 1** Individual runner \$40 Child (12 and under) \$5
Guaranteed a T-shirt and swag bag

Last day to register is October 1, 2020

VIRTUAL RUN 2020

Cash Prizes

for male & female winners of 5K and 10K races!

Family Fun Run, Walk & Roll

5K & 10K

TYPE: Individual Child Five & Dime Wheelchair Division I am a returning runner

I cannot run this year, but would like to show support with a gift to The Arc ECT \$ _____

Entrant Information		Age	Gender	T-shirt Size	5K, 10K or Family Fun Run	Fee
Please fill out one application for each individual entrant Each entrant or head of family must sign the waiver below						
Name						\$
Address						
Phone ()	email					

All proceeds benefit The Arc Eastern Connecticut
No refunds or deferments!

Total Enclosed: _____

Waiver: (Must be signed by each entrant in order to participate— Under 18 must be signed by parent/guardian)
In consideration of my accepting this entry, I do hereby for myself, my heirs, executors, waive, release forever, and discharge any and all claims for damages which I may have or which hereafter may occur to me against The Arc Eastern Connecticut, The Cactus Jack Foundation, The Department of Developmental Services, Camp Harkness, The Town of Waterford, and any other sponsors for all claims arising out of my participation in said athletic event.

Make check payable & mail to:
The Arc Eastern Connecticut
125 Sachem St
Norwich, CT 06360

T Denise Tift (860) 889-4435 x 116
E dtift@thearcct.org
Visit TheArcECT.org

Signature _____

Date _____