

The 37<sup>TH</sup> ANNUAL

# MOTHER'S DAY DASH

## 3.1 Mile (5K)

Fast, Flat, Measured Course  
Sunday, May 9, 2010 at 10:00 a.m.  
Henry Park - Vernon, CT

*Race proceeds will benefit*  
the Morrin Education Foundation,  
the Vernon Teen Center,  
the Police Explorers and  
the Robert J. Bonadies Rockville High School  
Scholarship Fund

**Walkers  
Welcome**

**FREE**  
Ray Crothers  
Kids Race  
10 & under  
1/2 mile race

Register Online at [www.Plattsys.com](http://www.Plattsys.com)

## FEATURING

- FREE T-shirt for those registered by April 23rd
- Prizes to the first 3 finishers in 16 divisions
- FREE Raffle Prizes at Award Ceremony (Must be present)
- Runners Packet stuffed with goodies
  - Refreshments at end of race
  - Music before & after race
  - Prizes for Mother-Son and Mother-Daughter Divisions

## MOTHER/CHILD CATEGORY INFO

All Mother/Son and Mother/Daughter teams MUST register. Mothers may run as a team with only one son OR daughter. Teams must be sent in the same envelope.

## RACE CO-SPONSORED BY

The Vernon Parks & Recreation Dept.  
Journal Inquirer

Hartford Courant  
[courant.com](http://courant.com)

FOXCT



ROCKVILLE BANK  
COMMERCIAL & RETAIL COMMUNITY BANKS  
"Don't Just Bank."

BUILDERS INC.

DUNKIN'  
DONUTS®

STOP &  
SHOP.

JCPenney

REINS DELI New York Style RESTAURANT

MONSTER  
GOLF

NOVEL TEES  
SCREEN PRINTING • EMBROIDERY

## REGISTRATION

- By mail \$15 for Adults and \$10 for Children 14 and under
- Race Day: \$20 for Adults and \$10 for Children 14 and under
  - Registration is 8:00 a.m. to 9:30 a.m. at Henry Park.  
Save \$4 by using your own Champion Chip

 ticketnetwork  
tickets. technology. innovation.

**Vernon Parks and Recreation  
120 South Street  
Vernon, CT 06066**

# Official Mother's Day Dash Entry Form

## Platt Systems

41 Steele Farm Dr.  
Manchester, CT 06042

Pre-registration should be postmarked no later than April 30th. Race numbers will be distributed on race day only.

### Henry Park Directions

**From Hartford** ~ I-84 East to Exit 67; left under highway onto Mile Hill Road (Route 31 North); Mile Hill Road to intersection with Route 30; left onto Route 30, bear right onto South Street; 1/2 mile to Henry Park on right.

**From Eastern Points** ~ I-84 West to Exit 67; right onto Mile Hill Road (Route 31 North), then follow directions given above to Henry Park.

**Please fill out and detach the form below, enclose a \$15.00 check or money order payable to the MOTHER'S DAY DASH**

(Please check only one division below, detach, and mail in)

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Girls' Youth (14 years and under) | <input type="checkbox"/> Men's Open (19-29 years)               | <input type="checkbox"/> Women's Grandmasters (50-59 years) |
| <input type="checkbox"/> Boys' Youth (14 years and under)  | <input type="checkbox"/> Women's Submasters (30-39 years)       | <input type="checkbox"/> Men's Grandmasters (50-59 years)   |
| <input type="checkbox"/> Girls' Juniors (15-18 years)      | <input type="checkbox"/> Men's Submasters (30-39 years)         | <input type="checkbox"/> Women's Veterans (60 years and up) |
| <input type="checkbox"/> Boys' Juniors (15-18 years)       | <input type="checkbox"/> Women's Masters (40-49 years)          | <input type="checkbox"/> Men's Veterans (60 years and up)   |
| <input type="checkbox"/> Women's Open (19-29 years)        | <input type="checkbox"/> Kids' and Main Race (check div. above) | <input type="checkbox"/> Men's Heroes (70 years and up)     |
| <input type="checkbox"/> Kids' Race ONLY (10 and under)    | <input type="checkbox"/> Men's Masters (40-49 years)            | <input type="checkbox"/> Women's Heroes (70 years and up)   |

Check one if applicable:

- Check here if you are a mother     Check here if you are running with a son or mother     Check here if you are running with a mother or daughter

Please enter me as a contestant in the 37th Annual Mother's Day Dash. My entry fee of \$15.00 is enclosed. In signing this blank 1, for myself, my heirs, executors and administrators, release Platt Systems, Novel Toys, Monitor Mini Golf, Rockville Bank, Vernon Parks & Recreation Dept., Platt's Deli, Garden Beer, Journal Inquirer, J.C. Penney, Hidden Dragon, CD Builders, Stop & Shop, and all other sponsors from all liability in case of death or injury received as a result of participation in this run. In case of a minor (under 18), this blank must be signed by the parent or guardian of entrant.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Circle Gender \_\_\_\_\_ Please Circle T-Shirt Size \_\_\_\_\_

(on day of race) Male Female S M L XL (Shirts will be on sale race day)

\_\_\_\_\_  
Signature (if minor, parent or guardian)

- I do not wish to participate, but I am including a donation in the amount of \_\_\_\_\_.     I am interested in being a volunteer at the shelter.

**With Chip Number: Pre \$11.00 \_\_\_\_\_ Post \$16.00 \_\_\_\_\_ Without Chip: Pre \$15.00 \_\_\_\_\_ Post \$20.00 \_\_\_\_\_**

**CHIP NUMBER \_\_\_\_\_ \$4.00 Discount if you have your own Chip!**