

**THE 40th ANNUAL**

Register on-line: [www.plattsys.com](http://www.plattsys.com)

# MOTHER'S DAY DASH

## 40th Mother's Day Dash

### 3.1 Mile (5K)

**Fast, Flat, Measured Course**

**Sunday, May 12, 2013 at 9:30 a.m.**

**Henry Park- Vernon, CT**

Race proceed will benefit the Send-A-Kid To Camp, the Vernon Teen Center, the Police Explorers and the Robert J. Bonadies Rockville High School Scholarship Fund

### Mother/Child Category Info

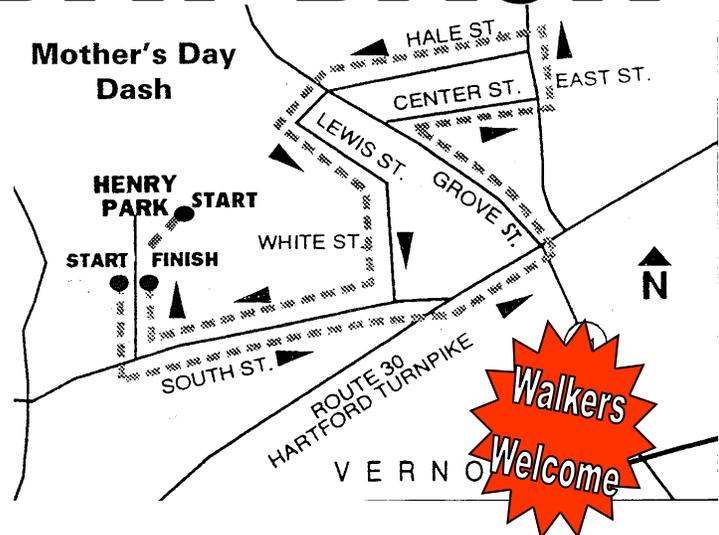
All Mother/Son and Mother/Daughter teams must register. Mothers may run as a team with only one son OR daughter. Teams must be sent in the same envelope.

### FEATURING

- **FREE T-shirt for those registered by April 19, 2013.**
- 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 and after race
  - Prizes for Mother-Son and Mother-Daughter Divisions

### MAIN RACE REGISTRATION

- By mail \$15.00 for Adults and \$10.00 for Children 14 and under (for Main Race)
- Race Day: \$20.00 for Adults and \$10.00 for Children 14 and under
- Registration is 8:00 a.m. To 9:15 a.m. at Henry Park.



RACE SPONSORED BY  
**The Vernon Parks and Recreation Dept.**



**Bundy**

**Motors**



**Rockville Bank**   
Connecticut's Best Community Bank | *That's My Bank!*

**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 May 3rd. 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 Rd.(Rt. 31 North) Mile Hill Road to intersection with Rt. 30; left on to Rt. 30; bear right onto South St; 1/2 mile to Henry Park on right.

**From Eastern Points-** I-84 West to Exit 67; right onto Mile Hill Rd. (Rt. 31 North); then follow directions given above to Henry Parks.

**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 age 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"/> Men's Masters (40-49 years)        |
| <input type="checkbox"/> Boys' Youth (14 years and under)  | <input type="checkbox"/> Women's Submasters (30-39 years) | <input type="checkbox"/> Women'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"/> Men's Grandmasters (50-59 years)   |
| <input type="checkbox"/> Boys' Juniors (15-18 years)       | <input type="checkbox"/> Women's Masters (40-49 years)    | <input type="checkbox"/> Women's Veterans (60 years and up) |
| <input type="checkbox"/> Women's open (19-29 years)        | <input type="checkbox"/> Men's Veterans (60 years and up) | <input type="checkbox"/> Men's Heroes (70 years and up)     |
|  |   | <input type="checkbox"/> Women's Heroes (70 years and up)   |

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 40th Annual Mother's Day Dash. My entry fee of \$15.00 is enclosed. In signing this blank, I, for myself, my heirs, executors and administrators, release the Vernon Parks and Rec. Dept; Rockville Bank, Dunkin Donuts, Rein's Deli, Garden Barn, CD Builders Inc; Mr. Sparkle Car Wash, Hidden Dragon, Panda Palace, 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  
Male    Female    S    M    L    XL  
(Shirts will be on sale race day)

Signature (if minor, parent or guardian)

On day of race

I do not wish to participate, but I am including a donation in the amount of \_\_\_\_\_