



# Hartford Track Club

## The 8K Cross-Country Challenge

**Saturday, November 19, 2016 at 10:00am**

Where: The MDC Reservoir Complex, 1420 Farmington Ave, West Hartford, CT  
Course: A rolling course with gravel, trails, fields, and minor asphalt. Accurately measured to 8 Kilometers.  
Facilities: Plenty of parking, three portalets

**Contact Info: Ken Platt (860.645.1476) / Email: [ken@plattsys.com](mailto:ken@plattsys.com)**

Awards: Top Three male and female finishers in these divisions:  
Youth (18 and under)                      Open (19-29)                      Sub-Master (30-39)  
Master (40-49)                              Grandmaster (50-59)                      Senior (60+)  
Volunteer Division

Teams: This is a USATF/CT XC Grand Prix Competition. An Open Men's team must have at least five finishers. Women's Open, 40+ and Men's 40+ must have at least three finishers. Masters runners may score on open teams as well as Masters.  
Join at [www.usatf.org](http://www.usatf.org) or at the race, before the start. Membership will be valid to at least 12/31/2016.

Entry Fee: \$10.00 on/before November 14, 2016, registration available on [RUNSIGNUP.COM](http://RUNSIGNUP.COM)  
\$20.00 on race day

Directions: From I-84 take exit 39. Right at the first stop light onto Route 4 East/Farmington Ave toward West Hartford. After 2.2 miles turn left at the stop light through the MDC gates. Parking is the first left after entering the gates. Follow "Race this way" signs to registration, portalets and start.

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Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age on 11/19/16 \_\_\_\_\_ Sex M\_\_ / F\_\_

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

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Emergency Contact Name/ Number \_\_\_\_\_

I acknowledge that this is a test of a person's physical limits and carries with it the potential for personal injury. I hereby assume the risk for participating in this event. I certify that I am physically fit and sufficiently trained to compete in this event. I agree not to hold responsible any person(s) involved in the organization of this event well as the MDC, The Hartford Track Club, The USATF, and the sponsors in the event of personal injury. I hereby affirm that I am 18 years old or older or I have had a legal guardian sign for my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Amount Enclosed \_\_\_\_\_  
(Of parent or legal guardian if under 18)

**Make checks payable to: The Hartford Track Club**  
**MAIL TO: PLATT SYSTEMS , 41 Steele Farm Dr, Manchester, CT 06042**