

SPONSORS



DIRECTIONS:

FROM I-91 NORTH OR SOUTH:

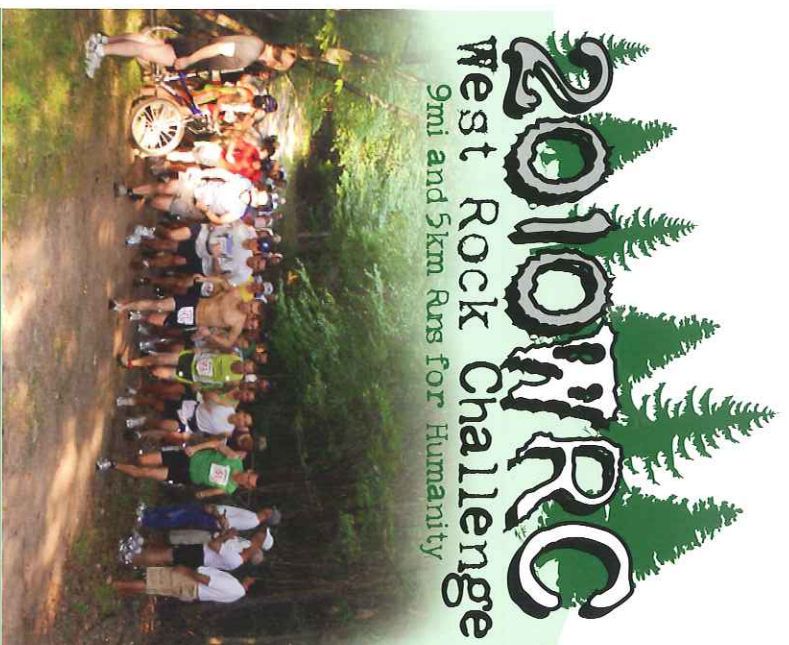
I-91 to Exit 10/The Connector bottom of Exit take left to stop sign, take left onto Hartford Tpk, take right onto Dixwell Ave., stay on Dixwell Ave to Benham St 3rd right after high school. Follow Benham St to Main St. At Main St take a left and continue to Wintergreen Ave, passing Lake Wintergreen on your right. At stop sign take right school is 1/8 mile on left.

FROM RTE 15:

Exit 60 onto Dixwell Ave. 3rd right onto Benham St. Follow directions above from Benham St.

FROM NEW HAVEN:

Follow Dixwell Ave at Home Depot take left onto Benham St. Follow above Directions.



Sleeping Giant Build™



Habitat for Humanity
OF GREATER NEW HAVEN

WEST ROCK CHALLENGE
SUNDAY, AUGUST 15, 2010
to benefit
HABITAT FOR HUMANITY/SLEEPING GIANT BUILD
9 MILE OR 5K TRAIL RACE



Habitat for Humanity®
OF GREATER NEW HAVEN

Lake Wintergreen
West Rock Ridge State Park
Hamden, Connecticut
www.wrchallenge.com

Sleeping Giant Build™



WEST ROCK CHALLENGE

(ALSO KNOWN AS WRCL)

SUNDAY, AUGUST 15, 2010; 7:30am

9 MILE OR 5KM TRAIL RACE

LAKE WINTERGREEN : WEST ROCK RIDGE STATE PARK
MAIN STREET, HAMDEN CT

Founded in 1986, **HABITAT FOR HUMANITY OF GREATER NEW HAVEN** (an affiliate of Habitat for Humanity International) is a nonprofit organization dedicated to the elimination of poverty housing through the creation of homeownership opportunities for low-income working families. Habitat builds and rehabilitates homes in the Greater New Haven area with the goal of creating safe, decent, affordable houses that add to the revitalization of New Haven's neighborhoods. Habitat accomplishes its mission by partnering with individuals, religious and civic organizations, local business and corporations.

SLEEPING GIANT BUILD (SGB) is one of three community-based Habitat house sponsor groups. SGB has sponsored and helped build two new homes for Habitat families — 75 Hallock Street, New Haven, and most recently, 40 Edgcomb Street, Hamden.

START TIMES:

9-Miler: 7:30am

5K RACE: 7:45am

COURSE:

9-Miler is mostly rolling hills on both single and double track (there is a lung burner to the summit of West Rock). 5K is flat to rolling hills on both single and double track.

RACE AWARDS:

- TOP 3 FINISHERS
- MALE/FEMALE AGE GROUP: 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up.
- KING & QUEEN OF THE ROCK: first male and female up to the summit.

MESSAGE:

Licensed massage therapists will be available for pre-race and post-race massage from 6:30 a.m. until 12:30p.m.

POST-RACE CELEBRATION:

After the race, runners are invited to a post-race celebration with food and beverages.

T-SHIRTS:

CoolMax T-shirts will be given to the first 100 people registered.

REGISTRATION & PACKET PICKUP:

Register online at www.wrchallenge.com, www.runreg.org or by mail with the entry form attached. Registration on the day of the event, as well as race packet pick-up will be held at Wintergreen School, 670 Wintergreen Avenue, Hamden, which is located a quarter of a mile from the park entrance. Registration will begin at 6:45 a.m. and will close 15 minutes before each race.

PORTABLE TOILETS:

Portable toilets will be located at Wintergreen School and at the park near race start.



THE POLICE WEST

is open to all Police personnel. The five person team may compete in either the 9 mile or the 5km event. Top three times are combined for the results. Multiple teams from each department are allowed. Top team from each event is awarded a Police WRC certificate. Police personnel are also competing for overall prizes.

RACE ENTRY FORM: (can be duplicated)

Before 7/15 7/16 to RaceDay

9-Miler	\$30	\$35
5K	\$20	\$25

Make checks payable to Habitat for Humanity of Greater New Haven and mail to Habitat for Humanity, c/o Beth Harrison, 140 Washington Ave., North Haven, CT 06473

Waived entry fee if enclosing check for \$100 or more to Habitat for Humanity,c/o Beth Harrison, 140 Washington Ave, North Haven, CT 06473

Last Name _____

First Name _____

Male _____ Female _____ Date of Birth _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

T-Shirt Size: S _____ M _____ L _____ XL _____

[FILL OUT BELOW FOR POLICE CHALLENGE ONLY]

Police Department _____

City/Town _____

Team Captain's Name _____

Team Name _____

WAIVER: I know that running a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I agree to abide by any decision by race official as to my ability to safely complete the run. I assume all risks with running this event, including but not limited to falls, contact with other participants, effects of weather including cold or hot temperatures, rain, ice and winds, traffic and the condition of the terrain, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waiver and release the Town of Hamden, race officials, Habitat for Humanity, Sleeping Giant Build, The state of CT, volunteers and all sponsors from all claims or liabilities of any kind arising out of my participation in this event, permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I know that dogs, bicycles, MP3 players and baby joggers are not allowed on the course.

Signature of Athlete (Parent's Signature if under 18) _____

Date _____