

Because of a mix-up in Fairfield we've moved to a new, more scenic, water-view hamlet close by~

11th
annual

FALL FROLIC 30K

new location ~ the Lordship section of Stratford~ **CHANGE IS GOOD!**

18.6 mi race for the long distance trainee

Sunday Sept. 21, 2008 7:25 AM

Limit: 200 runners Stratford CT

Short Beach Pavilion~
Take a dunk at the beach!
Same location as the Madd Dash in August

The FLATTEST 30K
in NORTH AMERICA

& S. America as well

Course is well marked and certified



EVENT SCHEDULE

6:35 am Race registration starts (till 7:15)
7:25 am **RACE STARTS PROMPTLY**, hopefully
9:00 am Post race food fest begins

Race Features & Information

Please register online at www.clubct.org

WATER & FLUIDS on at least 7 locations of the course

Gels available at a select water table

SUPERB FOOD including Panera Bagels,

MARTY'S MOM'S PASTA, FRUIT & more

*No T-shirts! We can keep the cost down & you have enough already!

*Fun awards, to some 1st place M & F & maybe some age groups but only if we can get free stuff.

*Lots of parking & bathrooms, but arrive EARLY and ready to run

We will CLOSE THE COURSE at 3 hours. Please start early if you are running over 10 min. pace

You will never find a FLATTER course. It will be three, 10K loops. Not only will it be as flat as our Fairfield course- it will have over 5 miles of direct water views- something the Fairfield course never had.

This is the course you want to run especially if you're training for a fall marathon.

Course Records: Open Masters "READY FOR YOU TO SET THEM- IT'S A BRAND NEW COURSE"

DIRECTIONS: FROM 95: North exit 30 Lordship Blvd. Bear right off exit. Stay on this road thru 7 lights & bear left at 7th light-about 1 mile from Rte 95.& continue straight! At the last light (you will see a Dunkin Donuts/strip mall on the left). Take RIGHT here onto

Main St. Go approx 8/10 mile (past airport runway on right) & take next left on Dorne Rd. to Short Beach entrance. Drive to the back lot.

DIRECTIONS FROM 95 SOUTH: Take Exit 31- South Ave. Left off exit, under 95, and proceed 1/2 mi to 4 way light. Take right at light onto Main St. Stay straight on Main St. approx 1 mi, past airport runway (on right) to first left - entrance to Short Beach.

Merritt Parkway N/S: - Get to Rte 95 somehow and follow directions above- it's a lot easier...

Check Payable To: Fall Frolic & Mail to: Jim Gerweck 156 Fallow Street Norwalk CT 06850 please print your data neatly so he can read it!

LAST

FIRST

know)

ADDRESS

CITY

STATE

ZIP

SEX

BIRTH DATE

AGE-RACE DAY

DAY PHONE

/ / ()

\$15 Pre-registered received by Sept. 13
\$17 on race day for everyone (no matter who you

PLEASE reg. Online: www.clubct.org
Bring a check or exact bills- please on race day
we don't have time to be making change, it's too early

Race day registration ends at 7:15 am.

***** VOLUNTEERS ARE ALWAYS WELCOME & NEEDED!**

Bring a friend or a family member& we'll find them a fun job!

PLEASE REMEMBER THAT THIS EVENT IS RAIN OR SHINE & NON-REFUNDABLE.

I hereby release MS Running Productions LLC, Club CT, Jim Gerweck, the Town of Stratford, all personnel involved, volunteers, any co-sponsoring company(ies), agency(ies) from responsibility, from any injuries or damages I may suffer as a result of my participation in the Fall Frolic. I hereby certify that I am in good condition & am able to safely compete in this event. I will additionally permit the use of my name & pictures in print & broadcast, etc. As a participating athlete I certify that the information provided by me in this form is true & complete. I have read the entry information provided for the event & certify my compliance by my signature below. I promise not to complain about the weather or anything else for that matter to the race directors who are working their collective butts off for me. I will have a good time & say thanks to the sponsors & volunteers & think about volunteering myself this year. We wouldn't suggest pushing a baby stroller the whole way either.

Signature of entrant (or parent if under 18 years old)

YOU MUST SIGN THE WAIVER or we can't let you run

GO ONLINE TO www.CLUBCT.ORG FOR INFO AND TO REGISTER- save yourself a stamp! BUT- Online Registration closes Friday 9/19