

## RACE INFORMATION

- Race Director: Joe Riccio  
(203) 481-7453  
Email: wssac-ct@juno.com

DATE: Sunday, October 8, 2017

TIME:  
10:00 AM 5K Race & 2M Fitness Walk

Runners and walkers will have the same start time, with the walkers lining up behind the runners

PLACE: Savin Rock Conference Center Site  
Captain Thomas Boulevard, West Haven, CT

**ENTRY FEES** (non refundable)  
**\* Pre- Registration Fees Through Sat. Sept. 30th**  
\$22.00 - 5K ROAD RACE  
\$12.00 - 12 AND UNDER & TEENAGERS  
\$12.00 - 2 MILE FITNESS WALK

**\*After Sat. Sept. 30th and Race Day Entry Fees**  
\$27.00 - 5K ROAD RACE  
\$15.00 - 12 AND UNDER & TEENAGERS  
\$15.00 - 2 MILE FITNESS WALK

**On line registration until Tues. October 3<sup>rd</sup>**  
<http://www.hitek racing.com>

**Day of race registration will close at 9:45 AM sharp**

**VETERANS REGISTRATION SPECIAL**  
**ALL PRE-REGISTERED VETERANS FREE ENTRY**  
**NOTE: ONLINE REGISTRATION IS NOT AVAILABLE FOR THIS SPECIAL CONSIDERATION**

## RACE DAY INFORMATION

### Registration

- 8:00-9:45 AM - Pre-registered packet pick up and Day of Race Registration for all events.

### Parking

- Ample free parking at the Savin Rock Conference Center.

SPECIAL PRE-REGISTRATION ENTRY FEE AVAILABLE TO GROUPS. CALL JOE RICCIO FOR DETAILS.

## RACE FEATURES

- Certified 5K course (CT12034JHP).
- USATF Sanctioned Road Race.
- Flat out & back PR course.
- Mile splits at 1, 2, & 3 Miles.
- Water Stop.
- Timing: Disposable bib chip by **Fast Track Timing, LLC**.
- Race results: will be posted on both **Fast Track Timing & Hi-Tek Racing Websites**.

## PROGRAM HIGHLIGHTS

- Special tech T-Shirts by **Graphic FX guaranteed** for all pre-registered entrants in requested size if registered by **October 1st** and for all others, as available Day of Race, **REGISTER EARLY**.
- Music and Entertainment by **John Voket 99 Dollar DJ Service**.
- Post Race buffet of seasonal refreshments, (**featuring Pizza Bonesse's Apizza, 203-624-3999**).

**AGE CATEGORIES** - 12 & under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90+

## AWARDS

- Trophies by **Custom Engraving** of Branford awarded to first overall finishers (male and female) and to the top 3 finishers in each age division.
- First West Haven residents male and female.
- Veterans age divisions.
- There will be no duplication of awards.

## DIRECTIONS - From New Haven

Take Interstate 95 South to Exit 43 (First Avenue). Take left off ramp onto First Avenue. Follow First Ave. to the West Haven Beaches. At end of beach area take a right and first left onto Capt. Thomas Boulevard. Conference Center will be .6 mile on the left.

**From Bridgeport** - Take 95 North to Exit 42. Take a right at end of ramp on Sawmill Road. Proceed 1.5 miles to Captain Thomas Blvd. The Savin Rock Conference Center is straight a head.

## CONNECTICUT FISHER HOUSE... A REALITY

On April 11, 2017 the Connecticut Fisher House was no longer a "project"; the groundbreaking ceremony made it a reality. It is anticipated, by the spring of 2018, the Connecticut Fisher House will welcome its first military and veterans families.

Recognizing the special sacrifices made by our men and women in uniform, and their families, Fisher House Foundation helps by meeting a humanitarian need outside the scope of the Department of Defense and Veteran Affairs. This is a unique program, a private-public partnership to support America's military heroes, both veterans and active duty service members, in their time of need.

For more than 25 years, Fisher House has recognized the sacrifices made by our military and their families by providing these homes and other quality of life programs. Since 1990, the Fisher House has served over 305 thousand active duty and veterans families totaling 7+ million lodging days, which has saved families more than \$320 million in lodging and transportation costs.

The Connecticut Fisher House will be located on the grounds of the VA Medical Center in West Haven and will accommodate up to 16 families on any given day. The new Fisher House will allow the VA Connecticut Healthcare System to better serve the tens of thousands of veterans receiving medical treatment at this medical center each year.

The veterans and staff of the VA Connecticut Healthcare System thanks the many companies, community organizations, veterans service organizations, charitable foundations and individuals that generously supported the effort to bring Fisher House to Connecticut. Special thanks to the Friends of Fisher House Connecticut for their strong dedication, perseverance and hard work.

**RESTRICTIONS:** To ensure the safety of all our runners and walkers note that MP3 players, bicycles, inline skates, skateboards, pets and unregistered persons are not allowed on the course.



**5K ROAD RACE**  
2 Mile Fitness Walk  
**VETERANS - FREE ENTRY**

**SUNDAY, OCTOBER 8, 2017**  
**RAIN OR SHINE 10:00 AM**

SAVIN ROCK CONFERENCE CENTER SITE  
WEST HAVEN, CT

**TO BENEFIT**  
**FROM WWII VETERANS TO TODAY'S MILITARY**  
**A FISHER HOUSE FOR ALL**



Fisher House of West Haven Connecticut

**GIVE AND GO AT THE 1 MILE MARK**  
The first male and the first female to arrive at Mile 1, will receive a \$100 bill. We give You go!

- Flat, scenic race course along Long Island Sound
- **VETERANS - FREE ENTRY**
- Awards in 11 age divisions
- Entertainment and great post race food

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 92  
Bristol, CT

**Friends of Fisher House Foundation**  
**AUTUMN ON THE SOUND 5K ROAD RACE**  
PO Box 575, 99 North Street, Rte. 6  
Bristol, CT 06010

**16TH ANNUAL AUTUMN ON THE SOUND 5K ROAD RACE & 2 MILE WALK**  
**SUNDAY, OCTOBER 8, 2017**

Mail Entries with (non-refundable) check payable to: Autumn on the Sound 5K  
c/o Joe Riocio, Race Director  
PO BOX 527, Brantford, CT 06405

This application may be duplicated

**OR**  
Register online until Tues. October 3<sup>rd</sup>: <http://www.hitekracing.com>  
**PLEASE PRINT CLEARLY:** Circle Event Entered: **5K 12 AND UNDER & TEENAGERS**  
Before Sat. September 30<sup>th</sup> \$22.00  
After Sat. September 30<sup>th</sup> and race day \$27.00

**FITNESS WALK**  
\$12.00  
\$15.00



LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/TOWN: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ SEX (M or F): \_\_\_\_\_ AGE RACE DAY: \_\_\_\_\_

- CHECK HERE IF A VETERAN - FREE ENTRY

**T-SHIRT SIZE: Adult - S M L XL (circle one)**

**WAIVER:** In consideration of accepting this entry, I the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators waive and release the Warren Street Social and Athletic Club of Connecticut, Fisher House of West Haven, CT, timing service, any and all sponsors, volunteers, City of West Haven, their agents, employees and representatives from my participation in this event, including any and all injuries incurred by me because of my participation in this event. I am physically fit and have trained sufficiently to complete this event. Applications for minor, under the age of 18, will be accepted with a parent's signature.

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

Date: \_\_\_\_\_