

Nichols Improvement Association (NIA)

19th Annual

JINGLE BELL RUN

Saturday, December 6, 2008 @ 9:30am



HIGHLIGHTS:

- **Certified 5K Course**
- **USATF Sanctioned Road Race**
- **Scenic course through historic Nichols, with a downhill finish**
- **2 Water Stops**
- **Computerized timing by HI-TEK Racing**
- **Long Sleeve Commemorative T-Shirts for all pre-registered and first 100 on race day**
- **Post-race food & beverages for all participants**
- **Race results posted online @ www.hitekracing.com**
- **Come Dressed to Run! (No indoor changing facilities)**
- **The starting line is at the Nichols Green in Trumbull, Connecticut**
- **Kid's Race - "Firehouse to the Finish" (Free!), approximately 1/3 mile, starts @9:15am**

ENTRY FEE: \$17 (Pre-Register By 12/4/2008), \$20 afterward
Early Pick-Up — Friday, December 5 at the Starkweather House
(Corner of Huntington Turnpike/Route 108 & Unity Road)

DIRECTIONS: Route 15 (Merritt Parkway) N - Take Exit 51, left at top of ramp, north to Green
Route 15 (Merritt Parkway) S - Take Exit 52 to Route 108, north to Green
Route 8 N - Take Exit 8, left off ramp, left onto Rt. 108, north to Green
Route 8 S - Take Exit 11, left at top of ramp, straight south 1 mile to Green

REGISTER ON LINE—NO PROCESSING FEE!

Race info, On-Line Registration and post-race results on the Internet at
HI-TEK Racing "Connecticut's Running Resource"

In consideration of acceptance of this entry into the Jingle Bell Run, I the undersigned, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the race director and officials, the Town of Trumbull, the Nichols Improvement Association (NIA), MS Running Productions, HI-TEK Racing and any and all other race sponsors and supporters, volunteers, their agents, successors and assigns, for any and all injuries suffered by me in said event. I assume all risks with entering this event, including but not limited to falls, contact with other participants, effects of weather (including cold, snow and ice), traffic and the condition of the road. All such risks being known and appreciated by me. I attest and verify that I am physically fit and sufficiently trained for the completion of this event and my physical condition has been verified by a licensed Medical Doctor within the last six (6) months. Further, I hereby grant full permission to any and all the foregoing to use my photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purposes without compensation.

LAST NAME		FIRST NAME	
STREET ADDRESS			
CITY/TOWN		STATE	ZIP CODE
		T-SHIRT SIZE (CIRCLE ONE)	
		S M L XL	
GENDER (M/F)	DATE OF BIRTH	AGE ON RACE DAY	PHONE NUMBER/E-MAIL ADDRESS
SIGNATURE			HI-TEK Racing WWW.HITEKRACING.COM

\$17 PRE-REGISTRATION FEE (by 12/4/08); \$20 LATE REGISTRATION FEE
CHECKS PAYABLE TO: N.I.A. - c/o MARK MANTON 12 CHERRYGATE LANE TRUMBULL, CT 06611