



9th Annual
Shine On 5K
 Benefiting the Karen DuCotey Fund for Kids

Race Day – Sunday, May 19, 2019
 Location – Lewis S. Mills High School, Burlington, CT

Register In-Person, by Mail or Online: www.myburlingtonrec.com
 By April 29th, 2019 to be guaranteed a cotton t-shirt

You may register after April 29th, 2019 but will not be guaranteed a T-Shirt
 All other registrations will be accepted on Race Day

Check one box below

- 5K Road Race Entry fee is \$20.00, includes cotton t-shirt (by April 30) \$25.00 race day.
- Fitness Walk Entry fee is \$20.00, includes cotton t-shirt (by April 30) \$25.00 race day.
- Kids Fun Run Entry fee is \$15.00, includes cotton t-shirt (by April 30) \$20.00 race day.
- Dolphin Dash Free (8 years and younger). No t-shirt included.

Please Check or circle 5K Category below

- Youth 13 & under 14 – 18 19 – 29 30 – 39 40 – 49 50 – 59 60 plus

Check or circle your t-shirt size below. Select Adult or Youth. Check or circle if you prefer a Dri-Fit upgrade.

- SMALL MEDIUM LARGE XL
 ADULT YOUTH
 DRI-FIT (ADD \$10.00) ADULT SIZES ONLY - AVAILABLE UNTIL APRIL 30 ONLY

You may register online at www.myburlingtonrec.com or in person or by mail to the Burlington Parks and Recreation Department, 200 Spielman Highway, Burlington CT 06013. Checks should be made payable to the Town of Burlington. No refunds. For more info or entry forms go to www.shineon5k.com or 860-673-6789 ext. 7.

In-Person or by mail Race Entry Form

Participants Name: _____

Address: _____

Phone: _____ Email: _____

Age: _____ DOB: _____ Gender: _____ Teacher? Yes No

Additional Donation Included: _____

Waiver: I know that running or walking a road race could be a hazardous activity and that I should not run unless I am medically able and properly trained. I do so voluntarily at my own decision. I ASSUME ALL RISKS ASSOCIATED WITH RUNNING OR WALKING, INCLUDING BUT NOT LIMITED TO FALLS, TRAFFIC AND CONDITIONS OF THE ROAD. 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 on my behalf, hereby waive and release the Town of Burlington, and all sponsors, volunteers, providers of services to the race, their representatives and successors from all claims or liabilities of any kind arising out of my (or entrant's) participation in this event. I acknowledge and accept that photos will be taken for use on future printed materials or websites.

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

Our Cause

The 9th Annual Shine On 5K Run/Walk in memory of Karen DuCotey will be held on Sunday, May 19, 2019. Karen was a teacher at the Lake Garda Elementary School in Burlington for many years as well as a former resident of the community. The race will benefit the Karen DuCotey Fund for Kids, administered by the Main Street Community Foundation to benefit students in Region 10 schools. Proceeds also benefit the Lewis S. Mills High School Scholarship Fund and the Burlington Parks and Recreation Department.

Race Venue

The 5k begins and ends at Lewis S. Mills High School, located at 26 Lyon Road, Burlington, Connecticut 06013. A one mile Kids Fun Run will take place on school grounds and the Dolphin Dash is one lap around the school track. NO PETS, please.

USATF Course

USATF Course ID is CT12025JHP. The course map can be found at <http://www.usatf.org/events/courses/search/>.

Race Awards

Awards in the 5K Race will be presented to the top three male and female finishers in the following categories:

Youth 13 and Under 14 – 18 19 – 29 30 – 39 40 – 49 50 – 59 60 plus

First Place Teacher, Male and Female. First Place Overall, Male and Female.

Register for the 5K or one mile Kids Fun Run by April 29, 2019 to be guaranteed a Shine On 5k cotton T-shirt.

Race Day: May 19, 2019

Time: 9:30 a.m. – 10:40 a.m. Registration
 10:40 a.m. Kids Fun Run (Youth 13 and Under)
 11:00 a.m. 5k Run/Walk
 11:30 a.m. Dolphin Dash
 Awards immediately following

For information please visit www.shineon5k.com or register online at www.myburlingtonrec.com.

SPECIAL THANKS TO ALL OUR SPONSORS!

