

31st Annual

1 MILE - POINT TO POINT



LIZ HARRIS / CANNONBALL RUN

For the benefit of the St. James Parish Youth Programs

Thursday June 16, 2022 7:00 pm

1 MILE (USATF CERTIFIED) - CLOSED TO TRAFFIC
(USATFCert. Code CT950004DR) ¼ Mile Splits, Flat - Fast Course

Entry Fee: \$20.00 (\$21.00 Race Day)

Registration and Awards at former Poquetanuck (Poke-A-Tonic) School property,
Schoolhouse Road Preston, CT

Schoolhouse Road is off Rt. 2, 3 miles east of Norwich or 5 miles west of Foxwoods.
Or take Rt. 12 North to Rt. 2A East, then take the first left past the former Goldrick's Cafe.

AWARDS TO THE TOP THREE FINISHERS IN EACH DIVISION

Tee Shirts to the first 150 registered!!

Divisions and Prizes for kids of all ages!!

Make it a run for the whole family!!

Great Lottery drawing for all runners - LOADS OF NEAT PRIZES!!

\$50 Fast Time Bonus to winning male time under 4:25 and winning female time under 5:00
**High School Runners: Scholarship to Nike Green Mountain Running Camp for first
male & female high school finisher!**

Men's & Women's - Child<8 - Youth 8-12 - Junior 13-17 - Open 18-29 - Submaster 30-39
Master 40-49 - Grandmaster 50-59 - Veteran 60-69 - Forever Young 70-79 - Ageless >79

Make checks payable to St. James Church

Mail completed entry form and check to: **Race Director 18 NW Corner Rd. Preston, CT 06365**

Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Age on Race Day: _____ Sex: _____

Tee Shirt: S M L XL (Circle One)

Or sign up online at: <https://runsignup.com/Race/CT/Preston/LizHarrisCannonball1MileRun>

Disclaimer: Please enter me in the 2022 Liz Harris/Cannonball Run. In consideration of being accepted as an entrant in this race, I hereby, for myself, heirs, executors, and administrators, waive and release St. James Parish, the race committee, all sponsors, and their representatives and employees for any and all injuries or damages that may occur to me while competing in or traveling to or from the event described in this entry application. I certify that I have properly trained for, and to the best of my knowledge, am physically fit for this event.

Signature: _____ Date: _____

(Parent must sign if entrant is under 18)