

**GUILFORD ROTARY CLUB'S
29TH ANNUAL NEW YEAR'S DAY**

FROSTY 5K

5K ROAD RACE • 2K HEALTH WALK • 1/2-MILE KIDS RUN

Event Information

Date: Wednesday, January 1, 2014
Place: Guilford CT

Online

Registration: <http://www.imathlete.com/events/Frosty5K>
(pre-register by midnight Dec 28)

Entry Fees: \$25 individual pre-registered
5K or walk \$28 individual day of race
\$65 family (3 to 4) pre-registered
\$70 family (3 to 4) day of race

Kids Fun Run Free - registration on day of race -- suggest you bring a donation for the Guilford Food Bank: either a bag of canned goods or \$10 contribution

Running Shirt: Event running shirts for first 700 pre-registered runners and walkers.

Packet Pick Up: soundRUNNER, 1088 Main St., Branford, 10 am - 4 pm Dec. 30 & 31; get your stuff early, by-pass race day check-in, go right to start line.

Directions: From I-95: take Exit 58 (Guilford, Rt 77), go south (toward town center), proceed through the intersection with Route 1 to the Guilford Community Center (on right, mid-block). Parking at Center and on nearby streets.

Information: Call Rick Maynard, Race Director at 203 453-8068 or visit Frosty 5K website: www.guilfordctrotary.com/Frosty5KRoadRace.cfm

Race Day Information

Registration/Packet Pick Up:
9:30 am Nathanael B. Greene Community Center
32 Church Street, Guilford, CT 06437

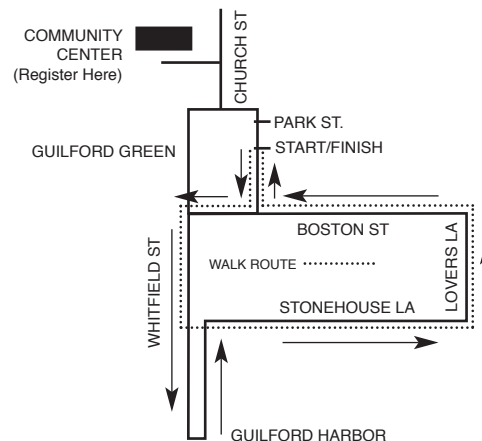
Start: Guilford Green, Park St. (rain, sleet or snow, we go!)
10:30 am — Kids Fun Run (separate course from 5K)
11:00 am — 5K Road Race & 2K Health Walk

Highlights:

- USATF Certified 5K course
- ChronoTrack Bib-Tag Timing
- Mile splits

Road Race Course:

Starts on the Green, Park St. to Whitfield St. to Guilford Harbor, back up Whitfield St., right on Stone House La., left on Lover's La. past Fair Grounds, left on Boston St., right on Park St. to finish on the Green.



Race Results:

Posted after race and online at: www.plattsys.com

After race:

- Hearty brunch at Community Center
- Awards, including by age brackets