



Wolf Den Wanderers Present  
**1st Annual Wolf Den Dash**



4 Mile Trail Run

Walkers/Hikers Welcome

All proceeds will be donated directly to the park to maintain trails

**Time and Place:**

Sunday September 29<sup>th</sup>, 2013 at 9 AM

Wolf Den Campground, 147 Wolf Den Drive, Pomfret, CT

**Registration:**

**ENTRY FEES:** \$18 pre-reg until June 15<sup>th</sup> then \$20 until September 10<sup>th</sup>, \$25 After and Race Day

- First 100 registered participants get a free race T-shirt
- Mail in completed form(s) & check to:  
Shelley Olm, 742 Brayman Hollow Rd, Pomfret Center, CT 06259
- Register online at [www.onestoprace.com](http://www.onestoprace.com)
- Race day registration at 7:30 AM

**Timing & Results:**

Timing by Rat Race Timing

Awards presented to the top three overall male and female finishers and top finishers in eight age groups. Awards for the top Walker also.

This is a true trail race and the technical nature of the terrain will mean that you will be exposed to the risk of injury. While every reasonable effort will be made to ensure your safety and enjoyment, you must be prepared to accept full responsibility for these risks and sign the liability waiver on the application form as a condition of your entry.

If you have questions, please email: [olmfam@earthlink.net](mailto:olmfam@earthlink.net)

You will also find us on FaceBook

**PRINT OUT THIS APPLICATION AND MAIL WITH CHECK**

CIRCLE:    RUN            WALK/HIKE

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

SEX: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

T SHIRT SIZE: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

PLEASE REMEMBER THAT THIS EVENT IS RAIN OR SHINE & NON-REFUNDABLE.

I, \_\_\_\_\_ the undersigned by registering in the Wolf Den Dash, understand the nature and risks associated with participation in this activity. I am aware that participation is at one's own risk. I acknowledge that the activity, equipment and facilities may pose significant risk of personal injury. I am also aware that each participant is responsible for his or her own safety. I hereby grant for myself, my heirs, executors, or administrators, waive and release any and all claims of damage we ever had or now have, against the Wolf Den wanderer's, Wolf den Campground, The town of Pomfret, the State of Connecticut, its successors and assigns, employees, agents and representatives and Rat race Timing, for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by myself, while participating in this activity. I certify that the information contained on this form is accurate and complete.

SIGNATURE: \_\_\_\_\_

(parent or guardian must sign if under 18)