

ATHLETE'S WAIVER, PLEDGE AND CONSENT AGREEMENT

In consideration of the acceptance of my entry into the competition known as the Connecticut Senior Winter Games, I, intending to be legally bound, do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages, including any claims for loss, damages or injury to my person or property arising out of the performance or failure of performance of the State of Connecticut, the Connecticut Senior Games, the Nutmeg State Games, any and all sponsors, groups providing sanction or approval, owners of the sites, and/or the respective officer/agents, representatives, successors and/or assigns of the parties named above for any and all claims for damage to person or property sustained by me in connection with, association or entry in, and/or arising from activity related to the Connecticut Senior Games.

I have full knowledge that the sport in which I have entered carries significant risk of personal injury, in some cases very severe injury, even death. I also agree that I am responsible for my own safety.

I declare that to the best of my knowledge, I am in good physical condition and have no disease or injury that would be aggravated by my participation in activities related to the Connecticut Senior Games.

I, also, declare on my honor that I am an amateur and fulfill the conditions stipulated by the Connecticut Senior Games. I agree that if I am selected for competition at the Finals of the Games, I will compete in the Games, keep myself in top physical condition, retain my amateur status and make myself available for training wherever and whenever possible. I will also appear and participate in the Opening Ceremonies and report to the press tent for pictures, interviews, as directed by Connecticut Senior Games authorities.

I hereby consent to allow my picture or likeness to appear in any official documentary, sponsor advertisement or exclusive television coverage of the Connecticut Senior Olympics in any manner incidental to my participation in the Connecticut Senior Olympics and without compensation to me. I declare that I have personal medical coverage and that I have read all of the above and understand the release waiver, and by signing I agree to all its items.

BY ENTERING AND PARTICIPATING IN THE CONNECTICUT SENIOR GAMES, ALL ATHLETES AGREE TO ABIDE BY THE RULES, REGULATIONS AND DISCIPLINARY ACTION OF THE GAMES' ADMINISTRATORS.

IT IS THE RESPONSIBILITY OF THE ATHLETE TO FOLLOW ALL THE RULES.

FAILURE TO DO SO MAY RESULT IN SUSPENSION, EXPULSION AND/OR FORFEITURE.

Name: _____ Date: _____

Greater Hartford Area: Rt. 44W to Rt. 219 in New Hartford. Turn right on Rt. 219N. Go 1.5 miles, turn right on Ratlum Rd. Sundown is .5 miles on right.

Driving Time: 25 minutes from bottom of Avon Mt.

Alternate: (East of Hartford): I-84W to Exit 39 (Rt. 4 W), to Rt. 10 N , right on Rt. 10N for about 5 miles. Left on Rt. 44 W to Rt. 219 in New Hartford. Right on Rt 219N for 1.5 miles to Ratlum Rd. Right on Ratlum Rd. Sundown is .5 miles on the right.

(West of Hartford): I-84E to Exit 39 (Rt. 4W), to Rt. 10N , right on Rt. 10N for about 5 miles. Left on Rt. 44W to Rt. 219 in New Hartford. Right on Rt. 219N for 1.5 miles to Ratlum Rd. Right on Ratlum Rd. Sundown is .5 miles on the right.

Southwest Fairfield County - along coast (Greenwich to Milford): I-95N to Rt. 8N in Bridgeport. Stay on Rt. 8N to Exit 44. Take a right off exit onto Rt. 202E for 5.5 miles to Rt 219N. Take left onto Rt. 219N and go 6.5 miles, turn right on Ratlum Road. Ski Sundown is .5 mile on the right.

From Middlesex County & Northern New Haven County: (Meriden, Wallingford, Hamden) Rt. 15N (Berlin Tpk) to Rt. 91N to Rt. 9N to Rt. 72W toward Plainville. Rt. 177N exit off Rt. 72. 12 miles to Rt. 44W. Turn left and follow Rt. 44W to Rt. 219 in New Hartford. Turn right onto Rt. 219N. Go 1.5 miles to Ratlum Rd. Turn right. Ski Sundown is .5 miles on the right.

From Greater New Haven County: (West Haven to Guilford) Rt. 34W to Rt. 8N in Shelton/Derby. (Alternate: Rt. 63 to Rt. 67 to Rt. 8 in Seymour) Stay on Rt. 8N to Exit 44. Take right off exit onto Rt. 202 E for 5.5 miles to Rt. 219N. Take left onto Rt. 219N and go 6.5 miles, turn right on Ratlum Rd. Ski Sundown is .5 mile on the right,

Driving time: 1 hr. 15 minutes.

Shoreline West (Southern Middlesex County): (Madison to Niantic - West of Connecticut River) Best local route to Rt. 9N to Rt. 72 W. Follow Rt. 72W to Rt. 177N in Plainville. Take Rt. 177N 12 miles to Rt. 44W. Turn left and follow Rt. 44W to Rt. 219 in New Hartford. Turn right on Rt. 219N for 1.5 miles. Turn right onto Ratlum Rd. Ski Sundown is .5 miles on the right.

Shoreline East (New London County & East): (Waterford to Rhode Island) Best local route to Rt. 2N to Hartford. I-84 W to Exit 39 , Farmington(Rt.4W). Then turn right on Rt. 10N for 5 miles.. Turn left and follow Rt. 44W to Rt. 219 in New Hartford. Turn right onto Rt. 219N for 1.5 miles. Turn right onto Ratlum Rd. Ski Sundown is .5 miles on the right.