

Release/Waiver of Liability: I, the undersigned participant, hereby, for myself, my heirs, my personal representatives, agree to waive and release the Town of Barnstead, the Parks and Recreation Committee, the Old Home Day Committee, and any sponsors (and all officers and employees of said entities) from any and all claims that might result from damages, including, without limitation by reason of enumeration, any which may be attributable to weather conditions. I hereby attest and verify that I will participate in this event as a foot race entrant, that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings, or any other record of my participation in this event.

Signature: _____ Date: _____ (circle one) Male Female

(parent/guardian if under 18)

Name (please print): _____ Email: _____

Address: _____ Date of Birth: _____

City: _____ State: _____ ZIP: _____ Age on 8/27/2011: _____

Circle one: Runner Walker Wheelchair T-shirt size (circle one): Youth M S M L XL Official use only: Bib #



Barnstead Old Home Day
P.O. Box 11
Center Barnstead, NH 03225

BARNSTEAD OLD HOME DAY
**5K ROAD RACE,
FUN WALK & KIDS RUN**
AUGUST 27, 2011



Thanks 2009 Race Sponsors:

- Northeast Delta Dental
- Richard D. Bartlett & Associates
- The Grappone Companies
- Meister Restorations
- Loco Running Shoes
- Ruffined Pooch
- Globe Manufacturing
- Gosse Septic Services
- New Hampshire Technical Institute - Cross Country
- Tracings Graphics

BARNSTEAD
OLD HOME DAY
5K ROAD RACE,
FUN WALK & KIDS RUN
9:00AM SATURDAY
AUGUST 27, 2011

Where:

Barnstead, NH. Race day check-in & registration is near the start at the common in Barnstead Parade, starting at 7:30 AM.

Entry Fee:

Pre-registration is \$15 and must be received by August 19, 2011. Make checks payable to:

Barnstead Old Home Day.

Online registration is available at www.runreg.com

Race Day Registration is \$20.

Registrations received by August 5, 2011 are guaranteed the requested t-shirt size.

USTA Certified Course:

(NH04011RF) Flat, fast, out-and-back that parallels the scenic Suncook River. The start and finish are at the common in Barnstead Parade, where results will be posted, refreshments available, and awards presented.

Professional Timing Services:

By 5K Race Services
Fiveksport@aol.com

T-Shirts:

Commemorative T-Shirt to all entries received by August 14, 2011. Be sure to circle the correct size on the registration form.

Awards

Cash awards will be given to the first male & female overall 5k runners.

Medals awarded in the following categories:

14 and under, 15 - 19, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 - 69, and 70 and over.

There will also be awards for the first male & female Barnstead residents to finish.

Kids Fun Run

Future road racers compete while the 5K Road Race results are compiled.

Refreshments

Water, yogurt, & fruit will be available at the finish and water will be available at the start and along the course.

Old Home Day Activities

The 12th annual Barnstead Old Home Day 5K Road Race is the opening event for a day of fun filled activities for the whole family. Events include food, music, craft demonstrations, games for young & old, raffles, fireworks & MORE!!

2009 Results

www.coolrunning.com

Questions?

www.barnstead.org/aboutbarnstead/oldhomeday/ohdtext.html

Email: smiths@metrocast.net or

Call: (603) 269-0136

Registration Information

Pre-registration:

\$15 due by August 19, 2011.

Race Day registration fee: \$20

Online registration is available at www.runreg.com

Make checks payable to:

Barnstead Old Home Day

Mail to:

Barnstead Old Home Day

P.O. Box 11

Center Barnstead, NH 03225

Note: Unsigned entries will be processed on race day, but could mean loss of T-shirt. Entries with no age or date of birth will not be eligible for category awards.