



REGISTRATION FORM



8th Annual Crisman Memorial

5K Race/Walk

All proceeds benefit the Kyle and Tim Crisman Scholarship Fund

August 14, 2010 at 10 AM Souhegan High School - Amherst, N.H.

Race day registration from 8:00 am – 9:45 am • Register online at www.runreg.com

Free T-shirts for the first 150 registrants! Award for top fundraiser

Runner Awards: Cash Prizes for Top 3 Male and Female OPEN, Top Male and Female Youth, Masters, Seniors over 60, over 70, Top 2 Veterans 2 pairs of Brooks running shoes! one pair each for top male and female overall finisher



Food & beverages available for all registered runners/walkers Post-Race Barbeque Great Raffle Prizes!

Register online at www.runreg.com

Registration by mail: \$20 until August 7 - \$25 thereafter and on race day Under 18 years old: \$15 until August 7 - \$20 thereafter/race day Immediate Family of 5 or more: \$55 until August 7 - \$25 per person thereafter Teams of 5: \$55 until August 7 - \$25 per person thereafter

Make Checks Payable to: Crisman Memorial 5K Race/Walk Send to: PO BOX 6101, Amherst, NH 03031

Directions: From Nashua: take Rte. 101A to Boston Post Road. Stay on Boston Post Road until the high school. From Manchester: take Rte. 101 to Amherst exit (Rte 122), right at end of ramp. Take left at first set of lights (Boston Post Road/Rte 122). Take left (approx. 1 mile) onto Boston Post Road. Stay straight for (approx.) 2.5 miles. The High School is on your left.

Questions: Contact Cathy Snow 603 566-6509 snowcat0408@gmail.com

Name: _____ Age _____ Sex: Male ___ Female ___ Address: _____ Phone () _____ Email _____

TEAM NAME _____

I will be a Runner ___ Walker ___ Tee Shirt Size _____

Race Agreement: By signing below, I understand and agree to the following. I know that to do a road race/walk is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race. I assume all risks associated with running/walking this event including, but not limited to, falls, contact with other participants, the effect of weather, or traffic. I waive, release, discharge, covenant not to sue, indemnify and hold harmless Souhegan School District, the race committee, all sponsors, officials and successors from and against all actions, suits, liabilities, claims, demands, cost (including legal fees and expenses) or damages arising out of my participation in this event, whether the results of negligence of any foregoing parties or otherwise. No radio headsets, baby strollers, skateboards, bikes, roller blades or animals are allowed on the course. I give my full permission to use my likeness in all media, photo, recording or other record of this event for any legitimate purpose.

Signed _____ Date _____ (Parent's signature if participant is under the age of 18)