



REGISTRATION FORM



9th Annual Crisman Memorial

5K Race/Walk

Saturday, August 13, 2011 at 10:00 AM

Souhegan High School - Amherst, N.H.

All proceeds benefit the Kyle and Tim Crisman Scholarship Fund

Race day registration from 8:00 am – 9:45 am
Register online at www.runreg.com/events/register.asp?EventID=2775

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/events/register.asp?EventID=2775

Registration by mail: \$20 until August 6 - \$25 thereafter and on race day
Under 18 years old: \$15 until August 6 - \$20 thereafter/race day
Immediate Family of 5 or more: \$55 until August 6 - \$25 per person thereafter
Teams of 5: \$55 until August 6 - \$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 www.crisman5k@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)