



Nates Race 5K WALK/RUN REGISTRATION FORM

Sunday-July 25, 2010

Registration for 5K Walk & Run will be accepted online or by mail until July 16th, 2010.
Day of race registration begins July 25th, (\$30.00) at 7:30 AM Race starts at 9:00 AM.
Alvirne High School Hudson, New Hampshire

Located at 200 Derry Road Hudson, NH 03051 on Route 102

5K Run:

Men and women age categories:
12 & under, 13-18, 19-32, 33-40, 41-54, 55+

Trophies:

1st and 2nd overall men and women

Medals:

1st and 2nd for each age category

5K Walk:

Age categories:
20 & under, 21-40, over 40

Trophies:

1st and 2nd overall

Medals:

1st and 2nd for each age category

Run/Walk Entry Form:

One entry per participant is required. Copies of this entry are also acceptable. Please complete the information and return this form before July 16th 2010 with your \$25.00 (\$15.00 if 12 or under) **entry fee** to the address below. Make checks payable to "Natesrace Foundation" submit to:

Natesrace Foundation
75 Sousa Blvd.
Hudson, NH 03051

For questions or more information, please call Ross at (603) 321-4375 or email at rossnh@msn.com

T-shirts to the first 500 registrants.

I will be participating in the 5K: RUN WALK

I want a T-shirt size: SMALL MEDIUM LARGE EXTRA LARGE

OR

Womens T-shirt size: _____ SMALL _____ MEDIUM _____ LARGE _____

OR

Kids T-shirt size: _____ SMALL _____ MEDIUM _____ LARGE _____

Name: _____ (please print clearly)

Address: _____

City/State/Zip: _____

Telephone: _____

Age (on day of race): _____

Sex: M F (circle one)

In consideration of your acceptance of this entry I hereby waive any claims I may have for damages against natesrace foundation, The Town of Hudson, Alvirne High School, The State of New Hampshire, the event committee and persons associated with the event, sponsors, all event officials, and all medical volunteers and other personnel assisting with the event, and their agents and representatives from any and all claims, liabilities, rights or causes of action of whatsoever kind or nature, including but not limited to those arising from negligence on the part of any of the aforementioned persons or entities, for damages for any and all injuries to me or my property, or for damage caused by me or by anyone else (including Acts of God), in connection with participating in the event. I know that running a road race is a potentially hazardous activity. I certify I am medically able and properly trained for this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with competing in this event. I also know that issues may arise including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, snow, rain, extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that this is not a closed course and I have a chance of being hit by a motor vehicle. I also understand that running this 3.1 mile course can result in heart attacks and any other fatal health conditions.

Signature: _____ Date: _____

Signature of parent or guardian if under 18 years of age: _____