**Highlights!**

* **Beautiful trail course at Coe-Brown!**
* **Tons of free homemade goodies!**
* **Free Nike Dri-Fit shirts to first 125 entries!**
* **Tons of great awards!**
* **Wonderful door prizes and raffle items!**
* **2.5K walk!**
* **400-meter kids’ fun run!**
* **Professional timing services!**
* **Coe-Brown XC’s famous Fun Spots!**

****

**Awards**

***Run to Fall 5K****:* Cash awards will be given to top 3 male and female overall finishers, master winners, and special awards to top male and female finishers in age groups 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

***XC Challenge***: Special awards for teams in these categories: Open Female/Male, Mixed

**Date**: September 11, 2016  
**Time**: 5K/2.5K at 10:00 am (registration at 8:00 am), kids fun run immediately following

**Please make checks payable to “Coe-Brown Cross Country”**

**Run to Fall 5k**

**Attn. Tim Cox**

**Coe Brown Northwood Academy**

**907 First NH Turnpike**

**Northwood, NH 03261**

**Name (First and last):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Street Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City/State/Zip:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Age (day of race):\_\_\_ T-shirt (circle) S M L XL**

**Team:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Amount Enclosed:\_\_\_\_\_\_\_ ($17 pre-reg/received by Sept. 8 )**

**Start and Finish**: Coe-Brown Academy

**Pre-Registration**: $17 (must be received prior to September 8, 2016)

**Race Day Registration**: $20

**Team Registration**: Please indicate team name on all forms

**Questions**: Call Allison Pratt (603-988-5740) or Tanner Richards (603-988-3407) or email [runtofall5k@gmail.com](mailto:runtofall5k@gmail.com)

**Directions**:

From Concord: Rte. 4 East ~10 miles to Epsom Traffic Circle. Continue East on Rte. 4 ~9 miles. CBNA will be on the right. The Athletic Complex is on the left. Whew! You made it! Registration will be right in front of Smith Hall.

From Portsmouth: Rte. 16 North to exit 6W, Rte 4 West to Lee Traffic Circle. Continue on Rte. 4 West~12 miles. CBNA will be on the left. The Athletic Complex will be on your right. Congratulations, you are now at the race!



Release and Waiver:

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release all rights and claims for damage I may have against the Run to Fall 5K and all sponsors, its agents, representatives, successors, for all injuries suffered by me at said event or while traveling to and from there grant permission to all the foregoing to use any photographs, motion pictures, recording or other record of this event for any legitimate purposes.

Signature of participant (or guardian if under 18)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

**A SPECIAL THANKS TO OUR HALF MARATHON & 5K SPONSORS!**

**NORTHWOOD VETERINARY HOSPITAL Northwood, NH 603-942-8368**

**UNDERWOOD ENGINEERS**

**Portsmouth + Concord, NH 603-436-6192**

**NE TRAFFIC CONTROL SERVICES, INC   
Epsom, NH 800-640-8212**

**DEERFIELD FERNS**

**Deerfield, NH 603-556-1093**

**RYAN CONSTRUCTION MANAGEMENT**

**Rochester, NH 603-728-8955**

**SCARPONI ELECTRIC**

**Rochester, NH 603-332-5011**

**NORTHWOOD GARAGE**

**Northwood, NH 603-942-8882**

ANYTIME FITNESS

Northwood, NH 603-942-6027

FK BASSETT & SON PLUMBING & HEATING

Northwood, NH 603-942-5026

GEORGE CALEF’S FINE FOODS

Barrington, NH 603-664-2471

J&B AUTO SALES

Northwood, NH 603-942-5501

JOHNSON’S SEAFOOD & STEAK

Northwood, NH 603-942-7300

MACCALLUM’S BOATHOUSE

Epsom, NH 603-736-4750

MCBRIDE’S WATER ADVANTAGE, LLC

Epsom, NH 603-736-4470

MEYER FAMILY DENTISTRY

Northwood, NH 603-942-8000

NORTHWOOD RV

Northwood, NH 603-942-8466

RUNNER’S ALLEY

Portsmouth, NH 603-430-1212

UMAMI

Northwood, NH 603-401-2844

MA’S AN MINE

Northwood, NH 603-942-6024

PERFORMANCE HEALTH SPORT & SPINE THERAPY

Concord, NH 603-724-2297











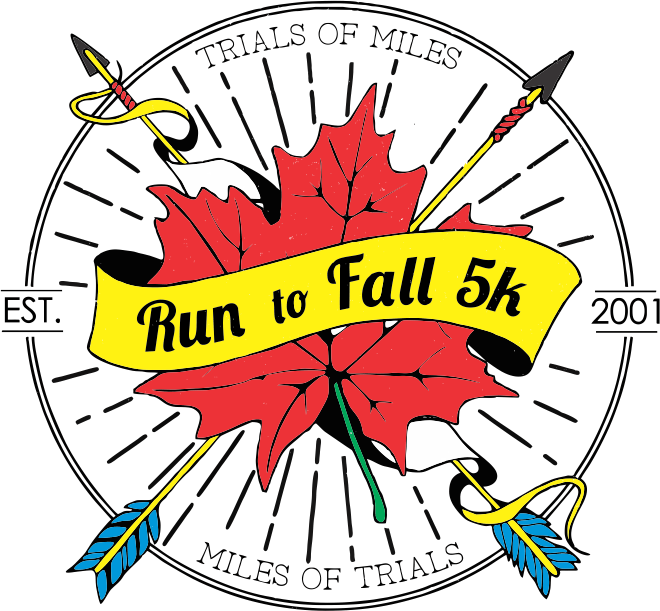












Race starts at 10:00 am

Sunday, September 11, 2016

Registration at 8:00-9:45 am

Runtofall5k.weebly.com

Sign up to support CBNA XC/TF!