

Highlights!!!

- ◆ All Terrain, fair course ending on track!
- ◆ Tons of free homemade goodies!!
- ◆ Free race t-shirts to 1st 200 entries
- ◆ Tons of great awards!
- ◆ Great door prizes and Raffles
- ◆ 2.5k Walk & kids fun run (400 Meters)
- ◆ Professional Timing Services
- ◆ Coe Brown's Famous Fun Spots!

Awards

Run to Fall 5k: Cash awards will be given to top 3 male and female overall finishers, masters winners and special awards to top male and female finishers in the following age groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over

Cross Country Challenge: Special awards will be given to the top 2 teams in the following categories: Open Female/Male and Mixed

Date: September 11th, 2011

Time: 5k/2.5k 10:00 am
(Registration at 8:00AM)

Kid's fun run immediately following.

Start and Finish: Coe-Brown Academy

Pre-Registration: \$15 (must be received prior to September 11th, 2011)

Team Pre-Registration: \$12.00 per member per 5-member team. **Must pre-register and have at least 5 members. (Please send all entries together to be received by 9/10/11)

Race Day Registration: \$20 with race t-shirt/\$15 without t-shirt

Team Race-Day Reg.: \$15/member per 5-member team

Questions: Call Chihiro Kondrup (603)7 17-1317 or Paige Laboe (603) 988-2285 email 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!

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: _____ Sex: _____
Phone Number: _____
Age (day of Race): _____ T-shirt (circle) S M L XL
TEAM: _____
EMAIL: _____
Amount Enclosed: _____ (\$15 pre-reg/received by Sept. 9th
OR \$12 team pre-registration enclosed with 4 other partici-
pants' entry forms and fees by 9/09/11)

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: _____

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Following Sponsors!**



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Race Starts at 10:00 am
Sunday, September 11, 2011
Registration at 8:00-9:45 am
Free Food!
Beautiful Scenery!
Unique Awards!