

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

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

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
Ath. 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)

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



Your Running Experts



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!